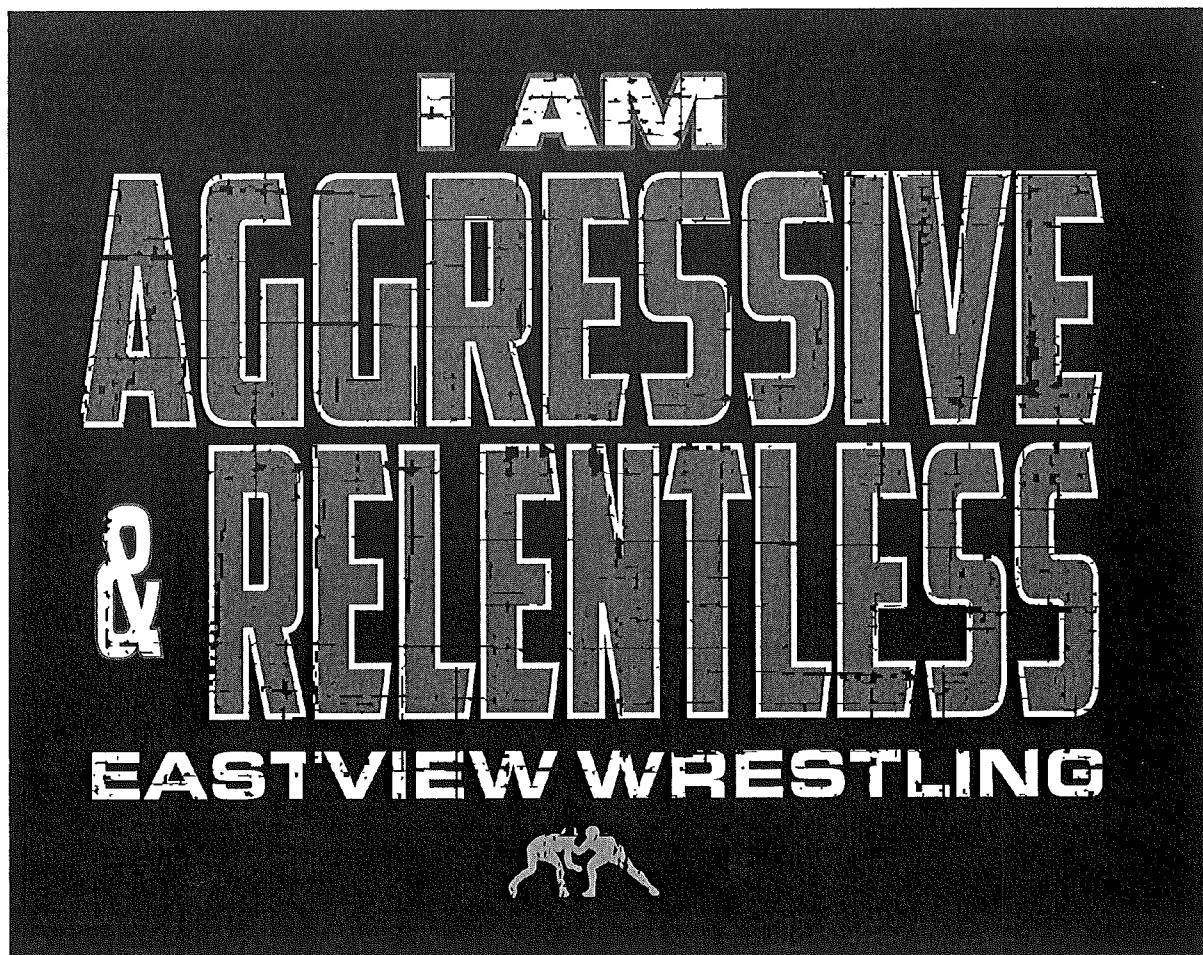


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**EASTVIEW WRESTLING**  
**SEASON REVIEW**  
**2016-2017**

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**I AM – AGGRESSIVE & RELENTLESS!**



# EASTVIEW WRESTLING

## TEAM 2017: I AM AGGRESSIVE & RELENTLESS

Congratulations to each of the wrestlers for successfully completing the season. Eastview Wrestling's season motto is: **"I Am Aggressive & Relentless"**. Team 2017 committed to several off-season training programs including attending freestyle practices, participating in wrestling training sessions, super group, and traveling to Augsburg and the University of Nebraska for team camp. All of the accomplishments this year were directly related to the leadership by the seniors and their commitment to being **AGGRESSIVE & RELENTLESS!**

Eastview wrestling shifted their mindset from winning to being **aggressive and relentless!** When being aggressive and giving a full effort becomes more important, winning will occur a whole lot more. Eastview wrestlers are asked to live, train, and compete based on four **Mindset Principles**: *1 - I am thankful for the opportunity to wrestle. 2 - I am aggressive and relentless. 3 - I have no fear of losing or making a mistake. 4 - I never ever give up.* The senior class and captains did a great job leading by example, promoting a solid work ethic, and promoting the mindset principles. Below are a few highlights of the 2017 season.

### The Freshman Team...

- ◆ Had 9 freshman and 4 middle school wrestlers learn the sport and compete during the season.
- ◆ Earned 9 dual meet victories including a 4<sup>th</sup> place finish at the Region 2 Tournament.
- ◆ Earned 2<sup>nd</sup> place at the Eastview Duals & Qualified for the 9<sup>th</sup> Grade State Team Tourney
- ◆ Had 6 wrestlers place at regions and two qualified for the 9<sup>th</sup> Grade Individual State Tournament.
- ◆ Earned 109 match wins, 579 team points, 44 falls, and 142 takedowns.

### The Junior Varsity Team...

- ◆ Earned 10 dual meet wins and placed 6<sup>th</sup> in the South Suburban Conference.
- ◆ Placed 2<sup>nd</sup> at the Eastview Duals and 2<sup>nd</sup> at the JV Conference Tournament. (Gold Division)
- ◆ Participated in varsity tournaments at Trinity & Mound-Westonka.
- ◆ Earned 221 match wins, 1124 team points, 142 falls, and 380 takedowns.
- ◆ Had 10+ wrestlers provide the depth needed to fulfill the varsity team's needs.

### The Varsity Team...

- ◆ Earned MN Academic Gold Recognition with a team GPA of 3.5.
- ◆ Earned 17 hard fought victories placing 1<sup>st</sup> at the Eastview Duals & 2<sup>nd</sup> at the Armstrong Duals.
- ◆ Had 4 wrestlers earn All-Conference and 4 earn All Conference Honorable Mention Honors.
- ◆ Placed all 14 wrestlers at Individual Sectionals with 9 placing in the top four.
- ◆ Had 1 Section Champs, 2 State Qualifiers, and 2 All-State Wrestlers earning 3<sup>rd</sup> place honors.
- ◆ Had 29 wrestlers get an opportunity to wrestle on varsity with 10 wrestlers earn at least 15 wins.
- ◆ Earned 368 match wins, 1908 team points, 190 falls, and 751 takedowns.

The **Class of 2017** includes 17 wrestlers who lead the team with a single minded focus it takes to be successful in wrestling. The senior class will leave having earned 624 wins, 309 falls, and 3054 team points. To each of the seniors, we thank you for your hard work, commitment, and your ability to achieve things nobody would have believed. We wish you the best of luck in your future endeavors and we hope that the Lightning Pride you developed over the past 4 years stays with you forever.

As we begin preparing for next season, the **Senior Class of 2018** must ask themselves - How good do I want our team to be? The leadership the seniors provide over the next 12 months will ultimately determine Team 2018's success! **Being the Best** is a common goal that championship teams work together toward! If teammates are not putting forth consistent effort, we need to pick them up and encourage them to carry on! If teammates are having poor attitudes, we'll be there to pump them up and give our support. **Section 2AAA** is consistently the top achieving section in the state. In order for Eastview to raise the bar and achieve more, each of us must commit to make the need changes. The **Coaching Staff** must provide opportunities and inspire those involved to make the improvements needed. **Wrestlers** need to motivate teammates to work harder, make greater sacrifices, and do all the little things needed to become a champion. **Parents** must continue their commitment and work with the wrestlers and coaching staff to raise expectations. The future success of Eastview's wrestling program is dependent one each of us taking ownership in our roles.

**Coach Habeck & Fornicoia**



# Eastview Wrestling

Captains: Mike Delich, Brendan Formaneck, Alex Lindstrom

2016-2017 Season

## 7<sup>th</sup> - 8<sup>th</sup> Grade

COLE	FROST
NATHAN	LANGER
CONNER	MEIXELL
KELLEN	STEWART

## FRESHMAN

MAKEL	BUFORD
MASON	ENDERLEIN
DYLAN	FREDRICKSON
AUSTIN	GERISCH
ROMAN	GILBERT
CHRIS	HAHN
RUTGER	HAINES
KYLE	LE
SAM	MORGENSTERN
JACK	VANDEBERG

## SOPHOMORES

ALEX	BURDI
TRAVIS	FAULKNER
GAGE	GREENLEE
QUINN	HOFFMAN
ABE	JOSEPH
CARTER	MCKENZIE
SAM	LEWISON
MARK	NORTON
BRENDEN	RICE
EVAN	THOMPSON
PETER	SWANSON
CEDRIC	WARNER
PATRICK	WATSON

## JUNIORS

KOBE	ALBA
KORY	BARNES
BILL	BARRETO
ADAM	BASS
KYLE	BRUSCO
CHARLIE	DUNNE
LOGAN	ESTEP

## JUNIORS - CONT

SPENCER	HAGEBOCK
JACOB	LAFLEX
MASON	LENTZ
BRADY	O'NEIL
BLAKE	PLAN
MICKY	PROMMACHAI
ERIC	SCHMIDT
TREVER	SHARP
MARVIN	TRAMMEL

## SENIORS

CHRIS	ABBEY
CORY	BRODEUR
MIKE	DELICH
CARTER	EPPERSON
WALTER	FIORE
WILL	FLORIN
BRENDAN	FORMANECK
ADAM	LARSON
ALEX	LINDSTROM
NATE	LUCIANO
DANE	MCDEVITT
PHIL	MELROE
NATE	MOORE
MEHDI	MOUKRIM
BRADY	RENTERIA
BEN	SAMMON
CJ	THOMAS

I AM  
**AGGRESSIVE**  
& **RELENTLESS**  
EASTVIEW WRESTLING



## PRINCIPAL

Dr. Randall Peterson

## Athletic Director

Matt Percival

## Coaches

Kurt Habeck  
Nick Fornicoia  
John Prokopowicz  
Ron McClure  
Jarred Mccarthy  
Josh Nelson  
Dean Stockwell  
Chad Wentzel  
Minh Huynh  
Chad Eul  
Todd Frost  
Travis Lee  
Brad Vanderveren

## Nickname

Lightning

## School Colors

Black, Blue, Silver, White

## Managers

Alexa Hort  
Grace Florin  
Steffi Frederickson  
Hope Gilbertson  
Abby Lien  
Marissa Munos  
Allyson Tuthill  
Morgan Van Waes  
Hannah Burlingame  
Trisha Barretto  
Maggie Kennedy  
Megan Lee  
Abby Lindgren  
Paige Olson  
Amber Roby  
Julia Rosen  
Maddie Singel  
Payton Formaneck  
Darby O'Neil  
Greta Rolfe  
Ali Shahrokhi  
Nathan Taylor  
**Photographer**  
Angela Lindstrom

## Conference

South Suburban

## Section

2AAA



# I Am Aggressive & Relentless

## 2016-2017 Eastview Wrestling

This year's season motto is **AGGRESSIVE & RELENTLESS!**

The best wrestlers are aggressive...

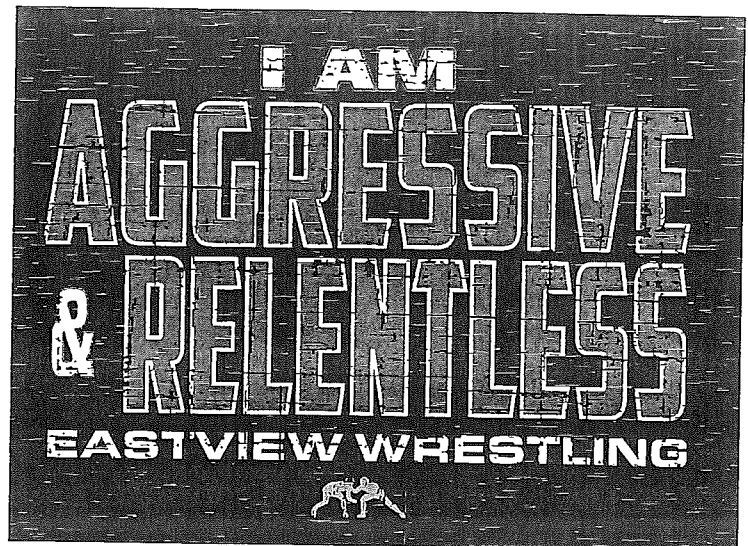
*"I am sorry if they perceive me as an element that's dangerous. I'm only interested in winning, pinning & scoring points." — Mark Schultz, Olympic Gold Medalist*

*"A true competitor remains aggressive throughout the entire duration of the match. Regardless of whether you win or lose, you have to be aggressive. Wrestling demands that you attack your opponent at all times. I have always had a reputation for being aggressive. That is the backbone of my philosophy. You've got to attack! If it doesn't work, use it to set up another move. The more moves that you attempt will increase your chance of scoring."*

— Dan Gable, Olympic Gold Medalist

Eastview wrestling is shifting our mindset from winning to being aggressive and relentless! When being aggressive and giving a full effort becomes more important than winning, we will start winning a whole lot more.

Almost anyone will wrestle aggressively if they KNOW they are going to win. It takes courage to wrestle with the same intensity, aggressiveness and relentlessness against someone at or above your level. Courage isn't measured by invincibility. Superman can't be considered courageous because he can't lose. The uncertainty and the risk (of losing, looking bad, getting beat up, embarrassed, etc.) is what makes us courageous. Don't

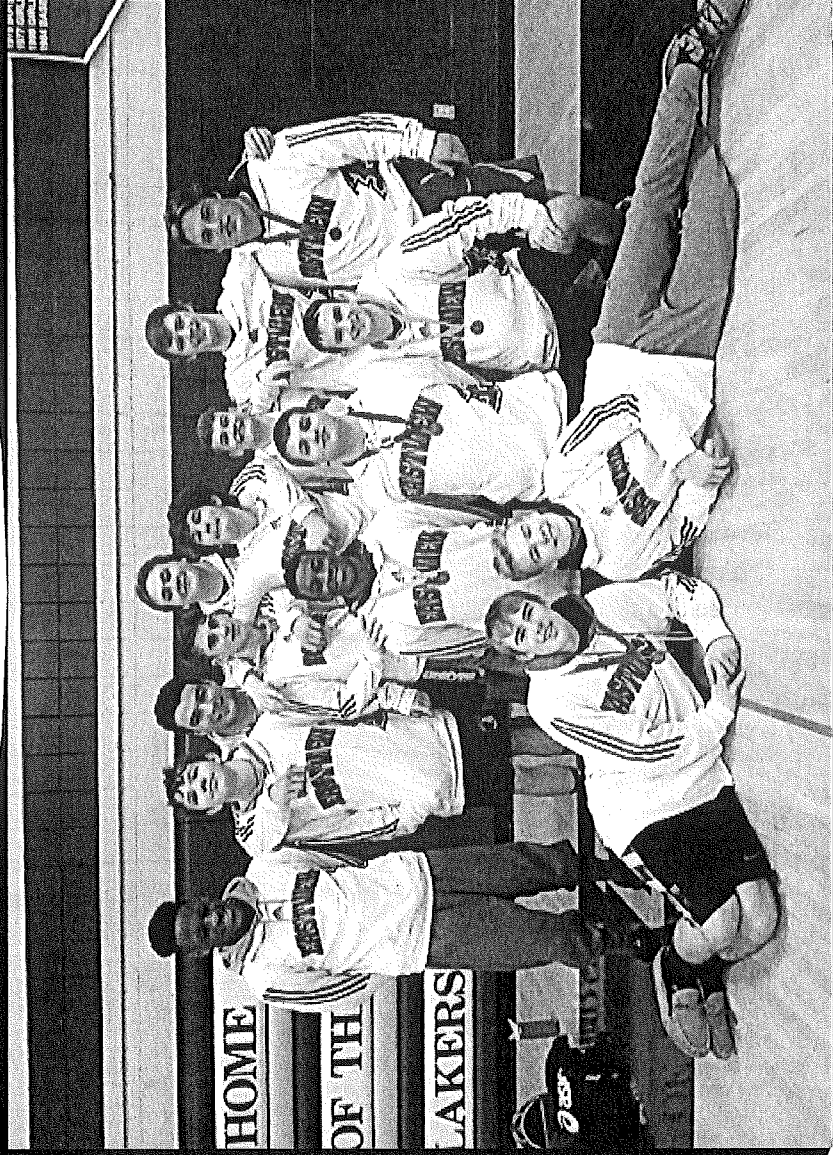


be a bully who wrestles like a tough guy against weak competition but folds or freezes against better competition. Train your mind to be a warrior. Go after everyone relentlessly and aggressively. Be willing to put it on the line, look bad or lose. But do not compromise your relentless attitude regardless of your opponent.

# MN ACADEMIC

## GOLD 2017

EASTVIEW WRESTLING  
3.50 TEAM GPA



# **SECTION 2AAA**

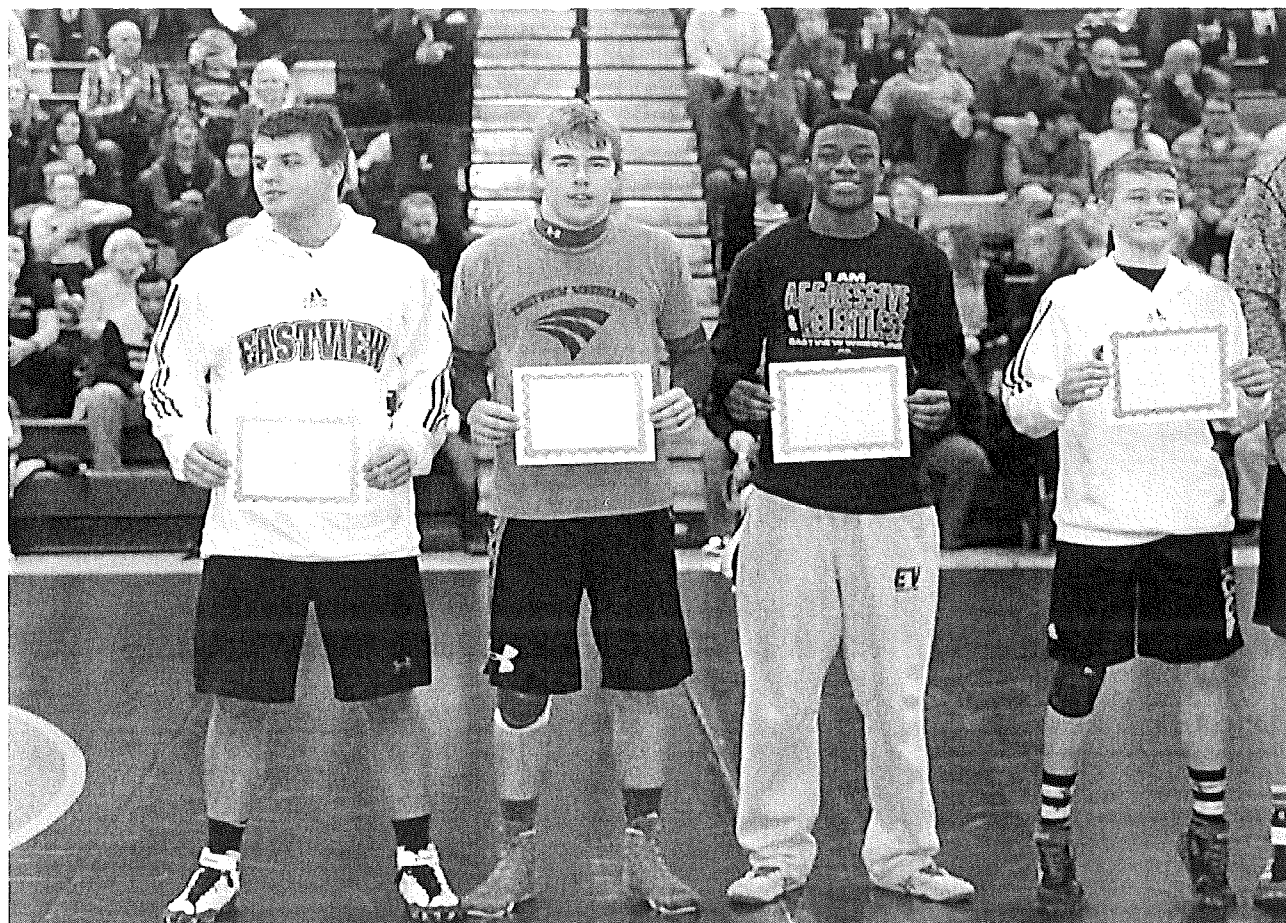
## **ACADEMIC TEAM**

**106 Mason Enderlein**

**160 Chris Abbey**

**170 Alex Lindstrom**

**195 Mike Delich**



# Off-Season Training Club 2017

Members made commitments to... Thunderbolts, Augsburg Practices, Freestyle Tournaments, State & National Tournaments, Summer Strength Training, Wrestling Training Sessions, and Wrestling Camps.

**Near Falls**

M. Peterson	12	36
Alex Lindstrom	16	127
W. Norton	33	148

**Takedowns**

W. Norton	32	22
E. Schmidt	34	154
A. Peterson	61	115

**Off-Season Training Club Members 2017**

Silver	Logan Estep
Silver	Alex Lindstrom
Bronze	Nate Luciano
Bronze	Eric Schmidt
Bronze	Brendan Formaneck
Bronze	Peter Swanson
Bronze	Mark Norton
Bronze	Will Florin
Bronze	Adam Larson

## Who will be in 2018?

# TEAM 2017 RECOGNITION

## LETTER WINNERS

Mason Enderlein	EV	2X
Alex Burdi	EV	2X
Gage Greenlee	EV	4X
Quinn Hoffman	EV	
Carter Mckenzie	EV	
Mark Norton	EV	2X
Brenden Rice	EV	
Peter Swanson	EV	
Cedric Warner	EV	
Patrick Watson	EV	
Kobie Alba	EV	
Bill Barretto	EV	
Adam Bass	EV	2X
Kyle Brusco	EV	2X
Charlie Dunne	EV	
Logan Estep	EV	3X
Jacob Laflex	EV	2X
Brady O'Neil	EV	
Blake Plan	EV	2X
Micky Prommachai	EV	
Eric Schmidt	EV	2X
Trever Sharp	EV	3X
Chris Abbey	EV	3X
Cory Brodeur	EV	2X
Mike Delich	EV	4X
Carter Epperson	EV	3X
Tony Fiore	EV	
Will Florin	EV	3X
Brendan Formanek	EV	4X
Adam Larson	EV	3X
Alex Lindstrom	EV	6X
Nate Luciano	EV	3X
Dane McDevitt	EV	3X
Phil Melroe	EV	2X
Nate Moore	EV	3X

Mehdi Moukrim	EV	3X
Brady Renteria	EV	
Ben Sammon	EV	3X
CJ Thomas	EV	

## MANAGERS

Abby Lindgren	EV	
Grace Florin	EV	2X
Steffi Frederickson	EV	
Hope Gilbert	EV	
Abby Lien	EV	
Marissa Munos	EV	2X
Allyson Tuthill	EV	2X
Morgan Van Waes	EV	2X
Alexa Hort	EV	2X
Ali Shahrokhi	EV	
Nathan Taylor	EV	

## ALL CONFERENCE

Brendan Formanek  
Alex Lindstrom  
Mike Delich  
Dane McDevitt

## HONORABLE MENTION

Mason Enderlein  
Alex Burdi  
Blake Plan  
Chris Abbey

## SOUTH SUBURBAN RECORDS

Shakopee	9-0
Apple Valley	8-1
Prior Lake	7-2
Eagan	6-3
Lakeville North	5-4
Eastview	4-5
Lakeville South	3-6
Farmington	2-7
Rosemount	1-8
Burnsville	0-9



# 2016 – 2017 STATISTIC LEADERS

	VARSITY		JUNIOR VARSITY		FRESHMAN	
<b>WINS</b>	Alex Lindstrom	40	Peter Swanson	17	Dylan Fredrickson	16
	Mike Delich	36	Jacob Laflex	17	Kyle Le	14
	Brendan Formaneck	32	Phil Melroe	15	Roman Gilbert	12
	Dane McDevitt	32	Nate Moore	15	Nathan Langer	12
<b>FALLS</b>	Mike Delich	24	Peter Swanson	14	Roman Gilbert	8
	Alex Lindstrom	24	Nate Moore	11	Nathan Langer	7
	Mason Enderlein	19	Eric Schmidt	11	Rutger Haines	5
	Dane McDevitt	19	Jacob Laflex	8	Sam Morgenstern	5
	Brendan Formaneck	14				
<b>TEAM POINTS</b>	Mike Delich	197	Peter Swanson	93	Dylan Fredrickson	76
	Alex Lindstrom	195	Jacob Laflex	82	Roman Gilbert	68
	Dane McDevitt	172	Nate Moore	81	Nathan Langer	67
<b>TAKEDOWNS</b>	Alex Lindstrom	95	Jacob Laflex	23	Dylan Fredrickson	29
	Mason Enderlein	72	Abe Joseph	23	Kyle Le	21
	Brendan Formaneck	65	Roman Gilbert	21	Roman Gilbert	18
<b>NEAR FALLS</b>	Blake Plan	42	Nate Moore	15	Nathan Langer	14
	Brendan Formaneck	39	Quinn Hoffman	11	Roman Gilbert	10
	Alex Lindstrom	34	Jacob Laflex	11	Dylan Fredrickson	7
<b>REVERSALS</b>	Blake Plan	23	Jacob Laflex	10	Austin Gerish	5
	Alex Burdi	22	Nate Moore	7	Cole Frost	4
	Brendan Formaneck	21	Peter Swanson	6	Roman Gilbert	4
					Rutger Haines	4
				Kyle Le	4	



# Eastview Wrestling Season Awards – 2017

## 3-D Club Membership

Chris Abbey	Mason Enderlein
Carter Epperson	Brendan Formanek
Adam Larson	Alex Lindstrom
Dane McDevitt	Phil Melroe
Mark Norton	Trever Sharp

## Academic Club – Gold (3.6-4.0)

Cole Frost	Conner Meixell
Kellen Stewart	Mason Enderlein
Chris Hahn	Kyle Le
Sam Morgenstern	Carter Epperson
Jack Vandenberg	Carter McKenzie
Sam Lewison	Peter Swanson
Adam Bass	Charlie Dunne
Eric Schmidt	Chris Abbey
Mike Delich	Adam Larson
Payton Formanek	Marissa Munos
Darby O'Neil	Trisha Barretto
Maggie Kennedy	Megan Lee
Abby Lindgren	Hannah Burlingame
Hope Gilbertson	Abby Lien

## Freshman 3-D Club Membership

None in 2017

## Most Falls

V – Alex Lindstrom / Mike Delich - 24  
 JV – Nate Moore / Eric Schmidt - 11  
 9<sup>th</sup> – Roman Gilbert – 8

## Most Takedowns

V – Alex Lindstrom - 95  
 JV – Abe Joseph / Jacob Laflex - 23  
 9<sup>th</sup> – Dylan Fredrickson - 29

## Most Team Points

V – Mike Delich - 197  
 JV – Peter Swanson - 93  
 9<sup>th</sup> – Dylan Fredrickson - 76

## Academic Club – Silver (3.0-3.59)

Nathan Langer	Dylan Fredrickson
Roman Gilbert	Nathan Taylor
Rutger Haines	Alex Burdi
Quinn Hoffman	Abe Joseph
Mark Norton	Evan Thompson
Cedric Warner	Kyle Brusco
Mason Lentz	Brady O'Neil
Blake Plan	Trever Sharp
Cory Brodeur	Tony Fiore
Will Florin	Alex Lindstrom
Nate Luciano	Dane McDevitt
Phil Melroe	Nate Moore
Brady Renteria	Ben Sammon
Greta Rolfe	Grace Florin
Steffi Fredrickson	Allyson Tuthill
Ali Shahrokhi	

**Most Valuable Varsity Wrestler of the Year** \_\_\_\_\_

**Most Valuable Junior Varsity Wrestler of the Year** \_\_\_\_\_

**Most Valuable Freshman Wrestler of the Year** \_\_\_\_\_

**Freshman Team Most Valuable Wrestler** \_\_\_\_\_

**Most Improved Wrestler of the Year** \_\_\_\_\_

**Most Improved Freshman Wrestler of the Year** \_\_\_\_\_

**Scholar Athlete Award** \_\_\_\_\_

**Lightning Award** \_\_\_\_\_

**John Rodin Service Award** \_\_\_\_\_

**Junior Varsity – Varsity Drill Partner Award** \_\_\_\_\_

**Freshman Drill Partner Award** \_\_\_\_\_



# Eastview Varsity Meet Results

Overall Record:            17 Wins                    9 Losses  
 Conference Record:      4 Win                        5 Losses

<b>Eastview</b>	43	Farmington	27	Win
	62	St. Paul Central	15	Win
	61	Alexandria	15	Win
	28	Eagan	33	Loss
	19	Scott West	41	Loss
	55	Eden Prairie	15	Win
	65	Minnetonka	12	Win
	63	Zimmerman	13	Win
	58	Chaska-Chan	10	Win
	37	Faribault	31	Win
	35	Lakeville North	36	Loss
	60	Maple Grove	7	Win
	56	Milaca	11	Win
	23	Anoka	46	Loss
	42	Mounds View	30	Win
	13	Apple Valley	58	Loss
	14	Shakopee	59	Loss
	28	Prior Lake	41	Loss
	40	Lakeville South	28	Win
	71	Rosemount	6	Win
	37	Delano	36	Win
	46	White Bear Lake	22	Win
	28	South St. Paul	35	Loss
	69	Burnsville	9	Win
<b>Team Sections</b>	34	Lakeville North	30	Win
	18	Shakopee	56	Loss
<b>Team Tournaments</b>	Eastview Duals (3)		1 <sup>st</sup> Place	
	Mounds View Duals (4)		3 <sup>rd</sup> Place	
	Armstrong Duals (3)		2 <sup>nd</sup> Place	
<b>Individual Tournaments</b>	Trinity Tournament		1 <sup>st</sup> Place	
	Bi-State Classic		3 <sup>rd</sup> Place Division, 7 <sup>th</sup> Overall	
	Eastview Invitational		3 <sup>rd</sup> Place	
	* Mound-Westonka Tournament		2 <sup>nd</sup> Place	

# Varsity Tournament Results

## Team Tournaments

Eastview Duals - 1<sup>st</sup> Place  
 Farmington Win 43-27  
 St. Paul Central Win 62-15

Alexandria Win 61-15

## Mounds View Duals - 3<sup>rd</sup> Place

Maple Grove Win 60-7  
 Mliaca Win 56-11

Loss 23-46

Anoka Mounds View Win 42-30

## Armstrong Duals - 2<sup>nd</sup> Place

Delano Win 37-36  
 White Bear Lake Win 46-22  
 South St. Paul Loss 28-35

## Individual Tournaments

### Trinity Invitational

#### 1<sup>st</sup> Place

5<sup>th</sup> St. Agnes - 110 pts  
 6<sup>th</sup> Ogilvie - 108 pts  
 7<sup>th</sup> Benilde St. Margaret - 95 pts  
 8<sup>th</sup> Edina - 64 pts

## Bi-State Classic

106	Mason Enderlein (5-3)	10 <sup>th</sup>	138	Mehdi Moukrim (3-2)	DNP	182	Adam Larson (2-2)	DNP
113	Mark Norton (1-2)	DNP	145	Blake Plan (1-2)	DNP	195	Mike Delich (6-0)	1 <sup>st</sup>
120	Alex Burdi (2-2)	DNP	152	Brendan Formaneck (6-2)	9 <sup>th</sup>	220	Dane McDevitt (4-2)	5 <sup>th</sup>
126	Trever Sharp (0-2)	DNP	160	Chris Abbey (1-2)	DNP	285	Ben Sammon (5-4)	12 <sup>th</sup>
132	Logan Estep (2-2)	DNP	170	Alex Lindstrom (5-1)	3 <sup>rd</sup>			

Division 1		Division 2		Division 3	
1. Sparta 246.0	1. Ellsworth 343.0	1. Stratford 367.5	1. Stratford 367.5	1. Stratford 367.5	1. Stratford 367.5
2. Hudson 217.0	2. Luxemburg-Casco 224.5	2. Athens 169.5	2. Athens 169.5	2. Athens 169.5	2. Athens 169.5
3. Eastview 189.5	3. River Valley 219.0	3. Iowa-Granville 134.5	3. Iowa-Granville 134.5	3. Iowa-Granville 134.5	3. Iowa-Granville 134.5
4. Marshfield 188.0	4. Viroqua 146.5	4. Cathedral 123.0	4. Cathedral 123.0	4. Cathedral 123.0	4. Cathedral 123.0
5. Holmen 182.5	5. West Salem 146.5	5. Goodhue 123.0	5. Goodhue 123.0	5. Goodhue 123.0	5. Goodhue 123.0
6. Pujaski 182.0	6. Lodi 145.0	6. Cassin 85.0	6. Cassin 85.0	6. Cassin 85.0	6. Cassin 85.0
7. Stillwater 180.5	7. LeViston-Alura/Rushford-Paleson 138.0	7. Spencer 58.0	7. Spencer 58.0	7. Spencer 58.0	7. Spencer 58.0
8. Bloomington Kennedy 178.0	8. Spencer/Columbus Catholic 133.5	8. Westby 55.5	8. Westby 55.5	8. Westby 55.5	8. Westby 55.5
9. DC Everest 128.0	9. Monroe 127.0	9. LeRoy 45.0	9. LeRoy 45.0	9. LeRoy 45.0	9. LeRoy 45.0
10. Muskego 128.0	10. Mauston 121.5	10. New Lisbon 38.0	10. New Lisbon 38.0	10. New Lisbon 38.0	10. New Lisbon 38.0
11. La Crosse Central 127.5	11. Prairie du Chien/Wausau-Steuken 112.5	11. Rosebush 36.0	11. Rosebush 36.0	11. Rosebush 36.0	11. Rosebush 36.0
12. Eau Claire North 122.5	12. South Saint Paul 112.0	12. Linn 33.5	12. Linn 33.5	12. Linn 33.5	12. Linn 33.5
13. Middleton 120.5	13. Dodgeville 81.5	13. Hillsboro 25.0	13. Hillsboro 25.0	13. Hillsboro 25.0	13. Hillsboro 25.0
14. New Richmond 102.0	14. Beaver Dam/Pellville 79.0	14. Ripon 21.5	14. Ripon 21.5	14. Ripon 21.5	14. Ripon 21.5
15. Tomah 100.0	15. Nekeos/Assumption/Port Edwards 70.0	15. De Soto 11.0	15. De Soto 11.0	15. De Soto 11.0	15. De Soto 11.0
16. Wausau West 93.0	16. Richard Center 47.0	16. Kildrop/La Farge 4.0	16. Kildrop/La Farge 4.0	16. Kildrop/La Farge 4.0	16. Kildrop/La Farge 4.0
17. Lakeville South 76.5	17. Mount Horeb 38.0	17. North Crawford/Seneca 3.0	17. North Crawford/Seneca 3.0	17. North Crawford/Seneca 3.0	17. North Crawford/Seneca 3.0
18. Baraboo 74.0	18. La Crosse/Hokah 31.0				
19. Verona Area 52.0	19. Adams-Friendship 27.5				
20. La Crosse Logan 33.0	20. Cuba City/Benton/Southwestern 4.0				
21. Portage 25.0					

Mound Westonka Invitational		2 <sup>nd</sup> Place						
106	Roman Gilbert (2-1)	5 <sup>th</sup>	138	Blake Plan (2-1)	5 <sup>th</sup>	182	Eric Schmidt (1-2)	4 <sup>th</sup>
113	Alex Burdi (0-2)	4 <sup>th</sup>	152	C. Epperson (2-1)	5 <sup>th</sup>	195	Mike Delich (3-0)	1 <sup>st</sup>
120	Trever Sharp (1-2)	6 <sup>th</sup>	160	Peter Swanson (2-1)	3 <sup>rd</sup>	220	C. Brodeur (2-1)	2 <sup>nd</sup>
132	Will Florin (1-2)	4 <sup>th</sup>	170	A. Lindstrom (3-0)	1 <sup>st</sup>	285	Ben Sammon (2-1)	3 <sup>rd</sup>

Section 2AAA Individual		4 <sup>th</sup> Place						
1 <sup>st</sup>	281	Apple Valley	4 <sup>th</sup>	162.5	Eastview	7 <sup>th</sup>	29	Rosenmont
2 <sup>nd</sup>	279	Shalopoc	5 <sup>th</sup>	143	Lakeville North	8 <sup>th</sup>	4	Bl. Jefferson
3 <sup>rd</sup>	209	Prior Lake	6 <sup>th</sup>	36.5	Burnsville			

106	Mason Enderlein (3-1)	3 <sup>rd</sup>	138	Blake Plan (2-2)	5 <sup>th</sup>	182	Nate Luciano (1-2)	5 <sup>th</sup>
113	Mark Norton (0-2)	5 <sup>th</sup>	145	Gage Greenlee (2-1)	3 <sup>rd</sup>	195	Mike Delich (2-0)	1 <sup>st</sup>
120	Alex Burdi (0-3)	6 <sup>th</sup>	152	Brendan Formaneck (2-2)	4 <sup>th</sup>	220	Dane McDevitt (1-2)	4 <sup>th</sup>
126	Trever Sharp (0-3)	6 <sup>th</sup>	160	Chris Abbey (1-2)	4 <sup>th</sup>	285	Ben Sammon (2-2)	4 <sup>th</sup>
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## MN State Team Scores by Section...

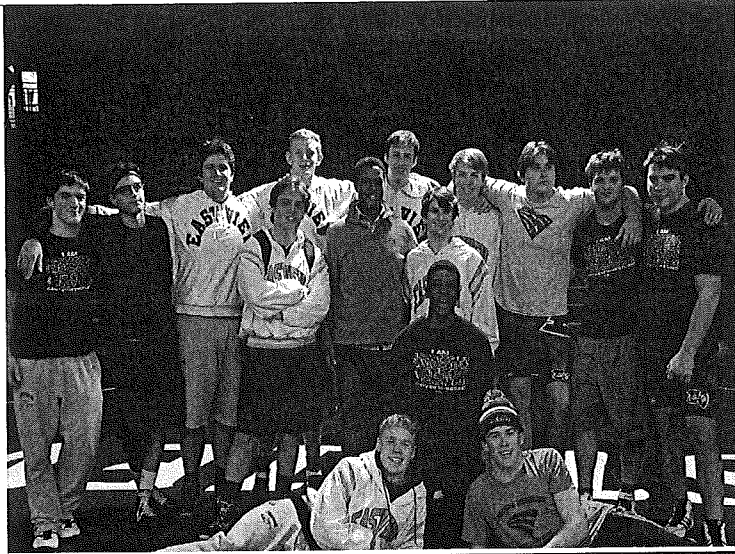
2AAA - 423 pts  
 7AAA - 221.5 pts  
 4AAA - 146 pts  
 8AAA - 272.5 pts  
 1AAA - 152 pts  
 5AAA - 136 pts  
 3AAA - 105 pts  
 4AAA - 48.5 pts

106	Mason Enderlein	1 <sup>st</sup>	138	Will Florin	4 <sup>th</sup>	182	Eric Schmidt	2 <sup>nd</sup>
113	Mark Norton	1 <sup>st</sup>	145	Blake Plan	3 <sup>rd</sup>	195	Nate Luciano	4 <sup>th</sup>
120	Alex Burdi	1 <sup>st</sup>	152	Gage Greenlee	2 <sup>nd</sup>	220	Cedric Warner	3 <sup>rd</sup>
126	Trever Sharp	3 <sup>rd</sup>	160	Carter Epperson	1 <sup>st</sup>	285	Dane McDevitt	5 <sup>th</sup>
	Micky Prommachai			Knowledge Gutierrez	2 <sup>nd</sup>		Corey Brodeur	1 <sup>st</sup>
				Adam Larson	1 <sup>st</sup>		Mike Delich	3 <sup>rd</sup>
132	Logan Estep	2 <sup>nd</sup>	170	Alex Lindstrom	1 <sup>st</sup>		Ben Sammon	
				Peter Swanson				

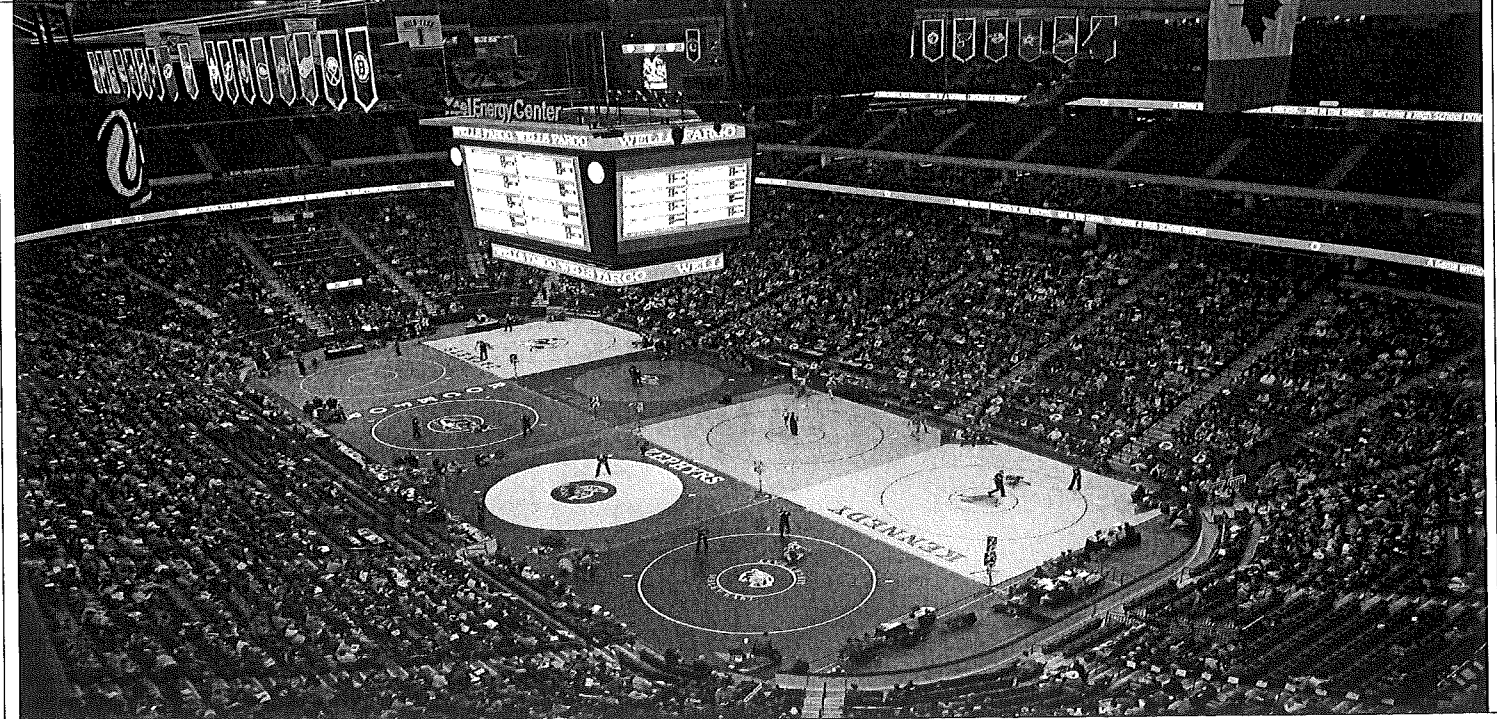
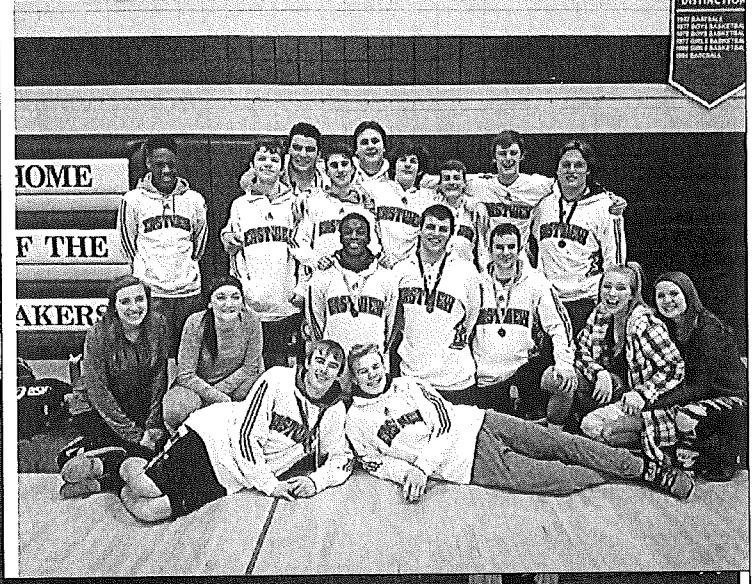
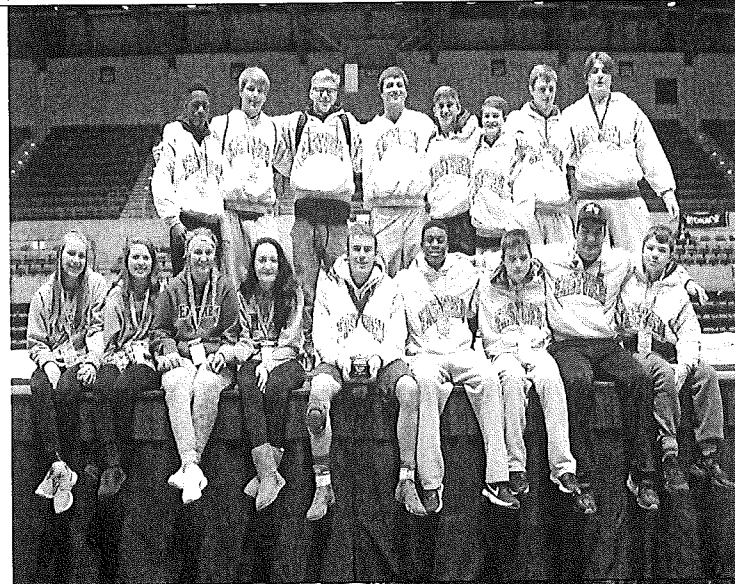
Eastview Lightning Invitational		3 <sup>rd</sup> Place						
1 <sup>st</sup>	197.5	Scott West	5 <sup>th</sup>	144	Woodbury	9 <sup>th</sup>	33.5	SP Highland Park
2 <sup>nd</sup>	162	Fairbault	6 <sup>th</sup>	143.5	Winona	10 <sup>th</sup>	22	Rosenmont
3 <sup>rd</sup>	150	Eastview	7 <sup>th</sup>	136.5	Coon Rapids	11 <sup>th</sup>	7	Mpls Southwest
4 <sup>th</sup>	150	Centennial	8 <sup>th</sup>	88.5	Sauk Rapids-Rice			

106	Mason Enderlein (3-1)	3 <sup>rd</sup>	138	Blake Plan (3-2)	5 <sup>th</sup>	182	Nate Luciano (3-1)	3 <sup>rd</sup>
113	Mark Norton (3-1)	3 <sup>rd</sup>	145	Gage Greenlee (0-2)	DNP	195	Cedric Warner (0-2)	DNP
120	Alex Burdi (2-2)	DNP	152	B. Formaneck (3-1)	3 <sup>rd</sup>	220	D. McDevitt (3-0)	1 <sup>st</sup>
126	Trever Sharp (1-2)	DNP	160	C. Epperson (2-2)	5 <sup>th</sup>	285	C. Brodeur (1-2)	DNP
				Chris Abbey (3-1)	3 <sup>rd</sup>		Ben Sammon (0-3)	6 <sup>th</sup>
132	Mehdi Mourkim (1-2)	DNP	170	A. Lindstrom (4-0)	1 <sup>st</sup>			
				A. Larson (2-2)	4 <sup>th</sup>			

# Varsity Tournament Pictures



DISTINCTION  
2012 EASTVIEW BOYS BASKETBALL TEAM  
2012 EASTVIEW GIRLS BASKETBALL TEAM  
2012 EASTVIEW BOYS BASKETBALL TEAM  
2012 EASTVIEW GIRLS BASKETBALL TEAM  
2012 EASTVIEW BOYS BASKETBALL TEAM  
2012 EASTVIEW GIRLS BASKETBALL TEAM



# VARSIITY STATISTICS

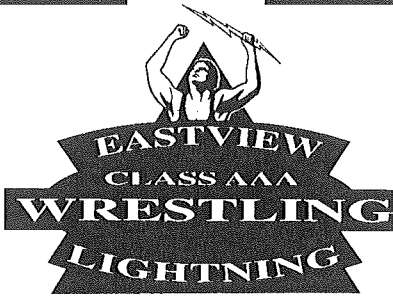
Wrestler	Wins	Loss	T2	E1	R2	N2	N3	Majors	Tech Falls	Pins	Team Points
Chris Abbey	14	8	32	13	5	1	6	1	0	3	64
Bill Barretto	1	0	1	0	2	3	1	0	1	0	5
Cory Brodeur	13	6	18	22	3	4	3	2	0	6	71
Alex Burdi	18	22	36	33	22	13	11	3	2	2	76
Mike Delich	36	1	47	11	4	7	11	2	0	24	197
Mason Enderlein	31	11	72	39	4	8	18	6	4	15	155
Carter Epperson	12	12	19	20	6	5	2	0	0	8	69
Logan Estep	5	3	7	5	3	1	2	1	0	0	19
Will Florin	14	11	32	22	3	6	3	4	0	5	70
Brendan Formanek	32	10	65	32	21	12	27	6	2	12	151
Roman Gilbert	3	3	7	2	2	0	3	0	1	2	17
Gage Greenlee	12	16	25	30	4	5	7	1	0	7	61
Rutger Haines	0	3	2	5	0	0	0	0	0	0	0
Adam Larson	15	8	27	22	8	8	8	1	2	4	62
Alex Lindstrom	40	5	95	29	12	13	21	2	5	19	195
Nate Luciano	15	13	27	25	4	1	1	0	0	6	75
Dane McDevitt	32	7	50	28	3	5	14	1	0	19	172
Phil Melroe	0	1	0	1	0	0	0	0	0	0	0
Nate Moore	1	0	0	0	0	0	0	0	0	0	6
Medhi Moukrim	14	14	46	19	7	5	11	1	0	8	73
Mark Norton	14	23	35	26	11	4	2	3	0	4	63
Brady O'Neil	1	2	1	1	1	0	1	0	0	1	6
Blake Plan	25	12	38	19	23	17	25	7	2	8	119
Micky Prommachai	1	7	4	2	0	0	0	0	0	0	3
Ben Sammon	17	18	26	21	1	0	2	0	0	10	87
Eric Schmidt	3	5	2	1	5	3	3	0	0	3	18
Trever Sharp	10	28	18	39	12	3	10	3	1	1	44
Peter Swanson	4	2	8	8	2	0	1	0	0	3	21
Cedric Warner	3	8	11	7	2	0	0	0	0	0	9
<b>Team Totals</b>	<b>368</b>	<b>259</b>	<b>751</b>	<b>482</b>	<b>170</b>	<b>124</b>	<b>193</b>	<b>44</b>	<b>20</b>	<b>170</b>	<b>1908</b>

# VARSDITY SEASON RECORDS

<u>FALLS</u>		
Adam Fokken	'01	28
Nate Kocer	'03	28
Erik Ehresmann	'11	26

<u>WINS</u>		
Alex Lindstrom	'17	40
Luke Dodd	'15	40
Mitch Rechtzigel	'12	39

<u>TEAM POINTS</u>		
Adam Fokken	'01	200
Nate Kocer	'03	199
Mike Delich	'17	197



<u>TAKEDOWNS</u>		
Mitch Rechtzigel	'12	221
Ryan Langlais	'04	134
Adam Fokken	'01	119

<u>NEAR FALLS</u>		
Mikey Fornicoia	'02	79
Josh Weinberg	'10	73
Minh Huynh	'05	56

<u>REVERSALS</u>		
Josh Weinberg	'10	41
Kevin McBride	'02	38
Collin Dolejs	'16	37

# VARSDTY CAREER RECORDS

## FALLS

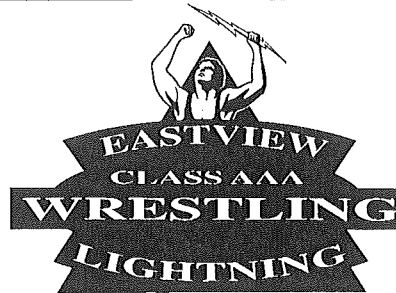
Alex Lindstrom	'17	88
Adam Fokken	'01	83
Jacob Rukavina	'14	75

## WINS

Alex Lindstrom	'17	175
Mitch Rechtzigel	'12	158
Adam Fokken	'01	147

## TEAM POINTS

Alex Lindstrom	'17	824
Adam Fokken	'01	727
Jacob Rukavina	'14	679



## TAKEDOWNS

Mitch Rechtzigel	'12	499
Ryan Langlais	'04	449
Alex Lindstrom	'17	431

## NEAR FALLS

Alex Lindstrom	'17	191
Mikey Fornicoia	'02	166
Minh Huynh	'06	148

## REVERSALS

Alex Lindstrom	'17	101
Anthony Munos	'13	92
Adam Fokken	'01	92



### Wrestling Manager Hall of Fame

Each wrestling manager inductee has successfully graduated from Eastview High School and demonstrated a tremendous commitment and work ethic to the sport and to the Eastview Wrestling program.



Erinn Roos Class of 2000	Sara Olson Class of 2010	
Rachel Davis Class of 2001	Derek Dravis Class of 2013	
Kari Okonek Class of 2003	Hannah Habeck Class of 2013	
Ashley Langlais Class of 2006	Brianna Peterman Class of 2016	
Libby Carroll Class of 2009	Rachel Schmidt Class of 2016	
Brooke Larson Class of 2010	Who will be next?	

### John Rodin Service Award

*In memory of John Rodin  
and his life long commitment  
to the sport of wrestling.*

This award winner is a person who has shown great commitment to the Eastview Wrestling program as well as to the youth programs in the Eastview Community.



Brad Okonek 1998	Ben Foertsch 2004	Jacob Rukavina 2010
Brad Okonek 1999	Dante Hendricks 2005	Levi Groskreutz 2011
Andrew Lenertz 2000	Pat Cox 2006	Billy Marks 2012
John Getzke 2001	Joey Scott 2007	Nick Pegelow 2013
Cory Wagner 2002	Nick Dodd 2008	Brendan Formaneck 2014 2015
Cory Wagner 2003	Peter Nguyen 2009	Brendan Formaneck 2016



# JV Wrestling Results

## I Am Aggressive & Relentless

### Team Results Record (10-7)

Farmington: Loss 21-39  
 St. Paul Central: Win 57-12  
 Alexandria: Win 12-3  
 Eagan: Loss 45-48  
 Scott West: Win 39-37  
 Eden Prairie: Win 56-12  
 Minnetonka: Win 24-0  
 Zimmerman: Win 24-12  
 Chaska-Chanhassen: Loss 24-42  
 Faribault: Loss 21-27  
 Lakeville North: Win 36-15  
 Apple Valley: Loss 18-24  
 Shakopee: Loss 43-18  
 Lakeville South: Win 42-12  
 Prior Lake: Loss 24-36  
 Rosemount: Win 30-6  
 Burnsville Win 13-3

### Mounds View

Roman Gilbert 3-0 1st  
 Mickey Pommachai 1-2 3rd  
 Charlie Dunne 1-2 3rd  
 Jacob Laflex 1-2 3rd  
 Kyle Brusco 3-0 1st  
 Peter Swanson 3-0 1st  
 Brenden Rice 0-3 4th  
 Quinn Hoffman 2-1 2nd  
 Kobe Alba 0-3 4th  
 Brady O'Neil 2-1 2nd  
 Carter McKenzie 1-2 3rd  
 Abe Joseph 1-2 3rd

Sam Lewison 0-3 4th  
 Eric Schmidt 3-0 1st  
 Marvin Tremmel 2-1 2nd  
 Cedric Warner 3-0 1st  
 Brady Renteria 1-1 2nd  
 Nate Moore 2-0 1st  
 Phil Melroe 2-0 1st

### Lighting Invitational

Patrick Watson 1-2 3rd  
 Mickey Pommachai 2-1 2nd  
 Jacob Laflex 3-0 1st  
 Evan Thompson 1-2 3rd  
 Kyle Brusco 3-0 1st  
 Peter Swanson 3-0 1st  
 Brenden Rice 0-3 4th  
 Kobe Alba 2-1 2nd  
 Brady O'Neil 3-0 1st  
 Travis Faulkner 0-2  
 Carter McKenzie 2-1 2nd  
 Abe Joseph 2-1 2nd  
 Sam Lewison 2-1 2nd

Eric Schmidt 3-0 1st  
 Brady Renteria 2-1 2nd  
 Nate Moore 3-0 1st  
 Mason Lentz 1-2 3rd  
 Phil Melroe 3-0 1st

### Armstrong

Roman Gilbert 2-0 2nd  
 Connor Meixell 1-2 3rd  
 Charlie Dunne 0-3 4th  
 Jacob Laflex 2-0 1st  
 Peter Swanson 3-0 1st  
 Brenden Rice 0-3 4th  
 Kobe Alba 3-0 1st

Brady O'Neil 1-2 3rd  
 Carter McKenzie 1-2 3rd  
 Abe Joseph 2-1 2nd  
 Sam Lewison 3-0 1st  
 Eric Schmidt 3-0 1st  
 Cedric Warner 3-0 1st  
 Brady Renteria 0-3 4th  
 Nate Moore 3-0 1st  
 Mason Lentz 0-3 4th  
 Phil Melroe 3-0 1st  
 Kyle Le 3-0 1st  
 Cory Brodeur 2-0 1st

### Conference Tournament Gold 2nd Overall

Roman Gilbert 2-2 4th  
 Nathan Langer 2-1 3rd  
 Kyle Brusco 1-1 2nd  
 Jacob Laflex 1-1 2nd  
 Peter Swanson 2-0 1st  
 Quinn Hoffman 2-1 3rd  
 Eric Schmidt 2-1 2nd  
 Cedric Warner 1-1 2nd  
 Nate Moore 2-0 1st  
 Phil Melroe 3-0 1st

### Conference Tournament Silver 1st Overall

Patrick Watson 1-2 4th  
 Mickey Pommachai 1-2 4th  
 Brenden Rice 0-2 DNP  
 Evan Thompson 2-2 5th  
 Kobe Alba 2-2 4th  
 Brady O'Neil 2-0 1st  
 Carter McKenzie 1-1 4th  
 Abe Joseph 3-0 1st  
 Sam Lewison 2-2 4th  
 Brady Renteria 1-1 2nd  
 Travis Faulkner 0-3 6th

# JUNIOR VARSITY STATISTICS

Wrestlers	Wins	Loss	T2	E1	R2	N2	N3	Major	Tech Falls	Pin	Team Points
Chris Abbey	2	0	3	1	0	0	3	0	0	2	12
Kobe Alba	8	9	17	6	3	5	2	2	0	3	35
Kory Barnes	2	5	6	7	2	1	3	0	0	1	9
Bill Barretto	4	0	7	1	2	3	0	0	0	3	24
Adam Bass	5	0	6	0	2	1	0	0	0	3	24
Cory Brodeur	4	0	4	0	0	1	1	0	0	4	24
Kyle Brusco	11	3	17	13	4	0	4	1	0	4	46
Charlie Dunne	6	12	14	10	1	0	0	0	0	5	33
Travis Faulkner	0	7	1	0	0	0	0	0	0	0	0
Walter Fiore	0	3	0	0	1	0	0	0	0	0	0
Will Florin	2	0	5	0	1	2	1	0	0	0	9
Dylan Fredrickson	2	1	5	2	2	0	0	0	0	1	9
Roman Gilbert	7	2	21	7	3	2	6	2	0	3	32
Gage Greenlee	0	1	1	0	0	0	0	0	0	0	0
Spencer Hagebock	1	1	1	1	1	1	0	0	0	1	6
Chris Hahn	2	0	2	2	0	0	1	0	0	2	12
Quinn Hoffman	8	5	17	10	5	2	9	2	1	3	37
Abe Joseph	11	3	23	14	3	3	7	1	1	5	51
Jacob Laflex	17	5	23	13	10	4	7	4	0	8	82
Nathan Langer	3	2	3	2	3	2	1	0	0	2	15
Kyle Le	4	0	7	4	0	0	0	0	0	4	24
Mason Lentz	3	8	6	0	0	0	0	0	0	3	18
Sam Lewison	8	8	10	2	4	2	3	0	0	5	45
Carter McKenzie	6	7	13	9	2	1	2	0	0	5	33
Conner Meixell	2	5	6	1	0	3	3	1	0	1	10
Phil Melroe	15	1	16	11	2	1	3	0	0	6	63
Nate Moore	15	0	12	3	7	8	7	1	1	10	81
Brady O'Neil	9	5	14	2	2	2	5	0	0	9	54
Micky Prommachai	6	10	19	8	5	2	4	2	0	3	29
Brady Renteria	6	8	6	4	3	0	1	0	0	6	36
Brenden Rice	2	12	8	11	4	1	2	1	0	1	10
Eric Schmidt	11	1	11	2	4	1	0	0	0	11	66
Peter Swanson	17	0	21	8	5	3	5	0	0	14	93
CJ Thomas	0	4	2	5	1	0	0	0	0	0	0
Evan Thompson	4	9	9	7	2	2	5	0	0	2	18
Marvin Trammel	2	3	8	4	0	1	0	0	0	0	6
Jack VandeBerg	0	2	1	0	1	1	0	0	0	0	0
Cedric Warner	8	1	11	6	2	1	2	0	0	5	39
Patrick Watson	7	11	18	19	6	5	5	0	1	3	35
<b>Team Totals</b>	<b>221</b>	<b>154</b>	<b>380</b>	<b>197</b>	<b>93</b>	<b>61</b>	<b>94</b>	<b>18</b>	<b>4</b>	<b>138</b>	<b>1124</b>

# JUNIOR VARSITY SEASON RECORDS

## FALLS

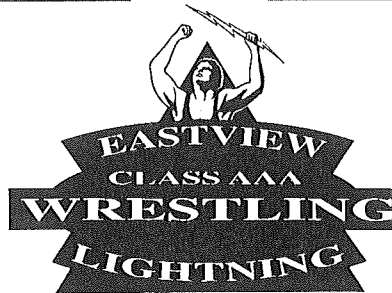
James Pudwill	'06	28
Justin Armstrong	'06	27
Scott Kenning	'06	25

## WINS

Andrew Lenertz	'02	31
Tom Chies	'03	30
Fred Hwang	'03	30

## TEAM POINTS

Andrew Lenertz	'02	175
James Pudwill	'06	171
Justin Armstrong	'06	165



## TAKEDOWNS

Matt Ladd	'12	87
Mike Redig	'06	65
Nathaniel Carroll	'05	50

## NEAR FALLS

Josh Weinberg	'08	46
Kyle Fokken	'02	39
Carter Epperson	'15	35

## REVERSALS

David Phomphackdy	'13	28
Mike Redig	'06	26
Josh Weinberg	'08	22

# FRESHMAN RESULTS 2016-2017

**Overall Record:            9 Wins                    5 Losses**  
**Section Record:            7 Wins                      2 Losses**

	Eastview	vs		
<b>Section Duals</b>	39	Henry Sibley	6	Win
	18	Eagan	51	Loss
	54	Richfield	0	Win
	41	St. Thomas Academy	12	Win
	27	Farmington	25	Win
	39	Park	21	Win
	63	Cretin-Derham Hall	0	Win
	51	Rosemount	18	Win
	14	Hastings	58	Loss
 <b>Eastview Team Tournament</b>				
	22	Owatonna	43	Loss
	34	Hastings	30	Win
	51	Rosemount	9	Win
 <b>Team State Tournament</b>				
	27	Hutchinson	36	Loss
	36	Benilde-St. Margaret	42	Loss

## INDIVIDUAL TOURNAMENTS

TEAM RESULTS...	EV Invite	Region 4	State	Armstrong JV	SSC JV Tourney (Silver)
Austin Gerisch	4-0, 1st				
Roman Gilbert	1-2, Tie 1st	2-2, 3rd		2-0, 2 <sup>nd</sup> + 0-1 (V)	2-2, 4th
Sam Morgenstern	2-1, 2nd	1-3, 6th			
Rutger Haines		0-2, dnp			
Dylan Fredrickson	2-1, 2nd	3-1, 2nd	0-2, dnp		2-1, 2nd
Jack Vandeberg	2-1, 2nd	0-2, dnp			0-2, dnp
Chris Hahn	1-2, dnp				3-1, 3rd
Kyle Le	2-1, 2nd	3-1, 3rd		3-0, 1st	
Ali Kadri	1-2, dnp				
Cole Frost		1-2, dnp			
Nathan Langer		2-1, 2nd	0-2, dnp		3-1, 3rd
Conner Meixell		1-2, 6th		1-2, 3rd	1-1, 2nd
Kellen Stewart					

# FRESHMAN STATISTICS

Wrestlers	Wins	Loss	T2	E1	R2	N2	N3	Major	Tech Falls	Pin	Team Points
Dylan Fredrickson	16	3	29	14	2	2	5	2	1	4	76
Cole Frost	7	6	2	7	4	2	2	0	0	1	33
Austin Gerisch	9	1	6	0	5	3	2	2	0	2	47
Roman Gilbert	12	7	18	5	4	5	5	0	1	7	68
Chris Hahn	7	3	10	8	1	2	1	0	0	3	42
Rutger Haines	8	5	12	2	4	1	3	0	0	5	45
Nathan Langer	12	3	14	7	1	7	7	2	1	6	67
Kyle Le	14	6	21	8	4	6	0	0	0	2	63
Connor Meixell	5	5	6	3	1	0	1	0	0	3	27
Sam Morgenstern	10	7	14	4	2	2	1	0	0	5	60
Kellen Stewart	0	5	0	1	0	0	0	0	0	0	0
Jack VandeBerg	6	11	9	4	2	3	2	0	0	3	33
<b>Team Totals</b>	<b>109</b>	<b>64</b>	<b>142</b>	<b>65</b>	<b>32</b>	<b>33</b>	<b>31</b>	<b>6</b>	<b>3</b>	<b>41</b>	<b>579</b>

2015

31

Team Points	
A. Eskin	77
J. Rakvina	67
M. Hochstetel	54

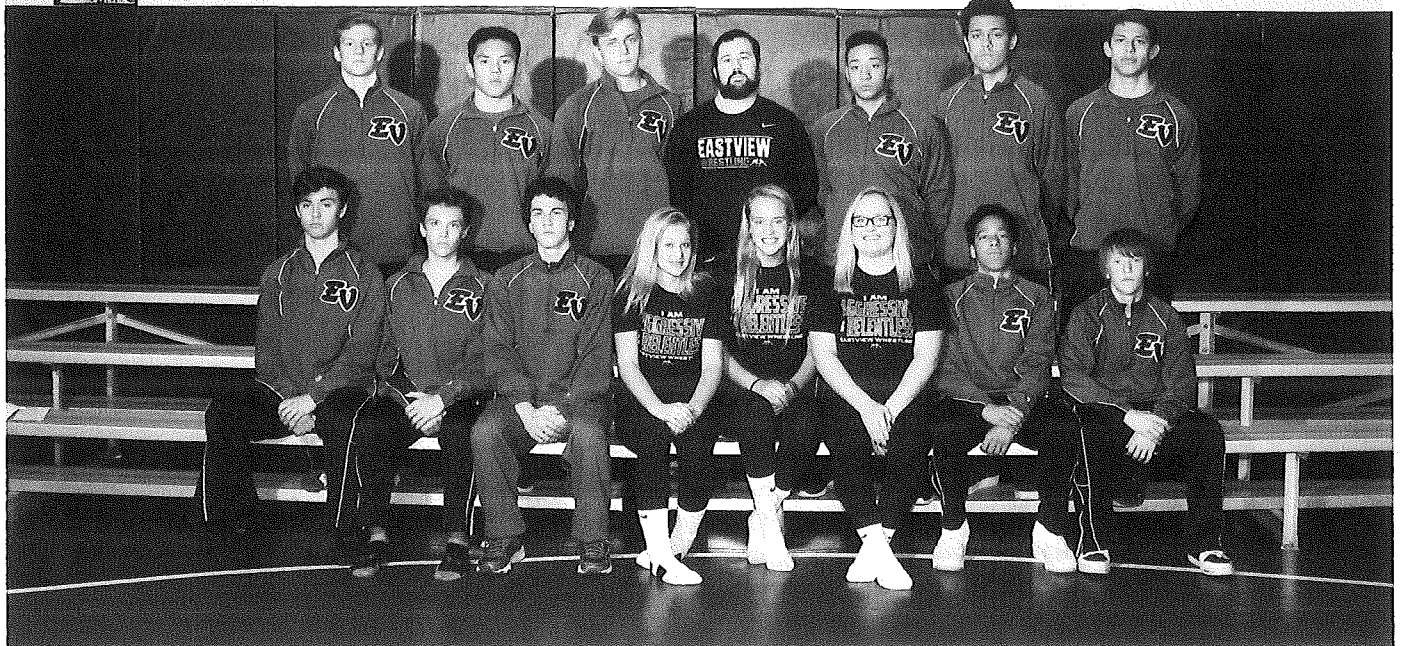
Near Falls	
M. Ferris	84
Alex Lindstrom	157
M. 187791	117



Wins	
Luka Duda	40
M. Hochstetel	38
A. Fokhan	34

Takedowns	
Mitch Hochstetel	271
R. Langford	134
A. Fokhan	109



# FRESHMAN SEASON RECORDS

## FALLS

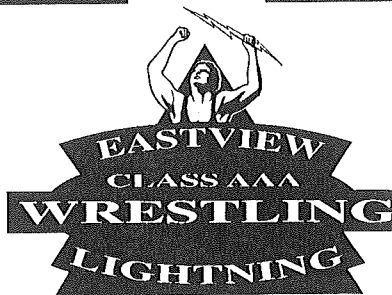
Dane Mcdevitt	'14	18
Matt Schumann	'13	18
Casey Dravis	'12	16

## WINS

Tom Delich	'12	28
Casey Dravis	'12	25
Bryan Okonek	'05	25

## TEAM POINTS

Tom Delich	'12	143
Dane Mcdevitt	'14	140
Casey Dravis	'12	139



## TAKEDOWNS

Bryan Lewis	'00	80
Trever Sutherland	'05	68
Bona Ku	'01	61

## NEAR FALLS

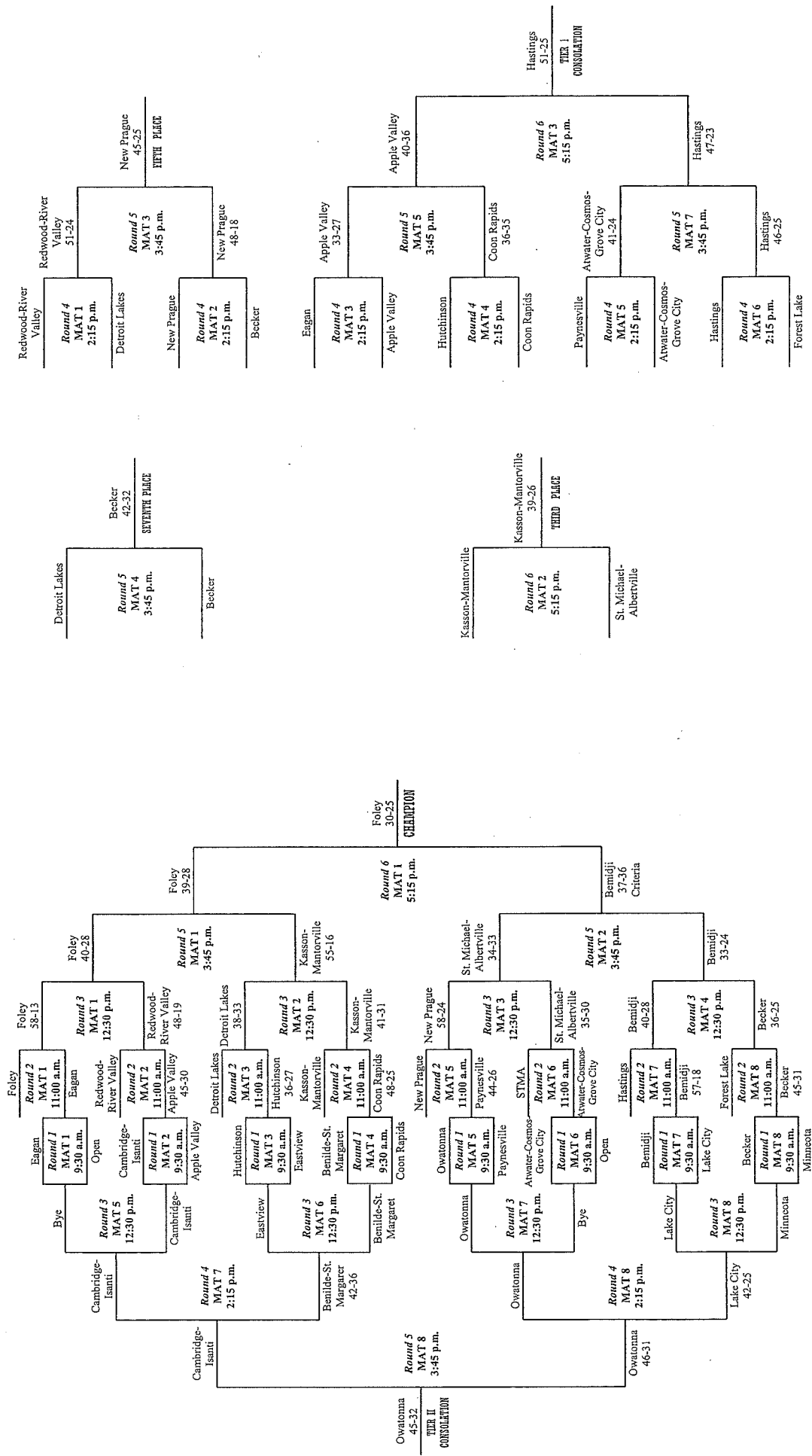
Nathaniel Carroll	'03	26
Minh Huynh	'03	23
Kyle Fokken	'01	22

## REVERSALS

Kyle Fokken	'01	17
Andrew Nelson	'03	15
Nathaniel Carroll	'03	15
Nick Mako	'06	15

MNGWL TEAM TOURNAMENT - JANUARY 21, 2017

CONSOLATION PLACE MATCHES





# Eastview Wrestling

*Now it's time to fight  
Time to score, score, score!*

*With attitude and effort  
We're gonna give them more, more, more!*

*Score early, score often, extend the lead  
Aggressive and Relentless is our Creed.*

## Wrestling for the Lightning at:

- |  |   |
|--|---|
| 106: Menacin' Mason<br>Wrasslin' Roman | 152: No Surrendo Brendo                       |
| 113: Nasty Norton                      | 160: Ascendin' Abbey<br>Electrifyin' Epperson |
| 120: Bangin' Burdi                     | 170: Legendary Lindstrom<br>Lightnin' Larson  |
| 126: Scrappin' Sharp                   | 182: Luminous Luciano                         |
| 132: Fightin' Florin                   | 195: Dominatin' Delich                        |
| 138: Brave Blake<br>Memorable Mehdi    | 220: Dauntin' Dane<br>Crafty Cory             |
| 145: Grapplin' Greenlee                | HWT: Brawlin' Ben                             |

*Believe in your training, Believe in your technique  
Believe in your teammates, Believe in yourself!  
It's time for Lightning to Strike!*

# 2017 Class AAA Section 2 Team Tournament

#1 Shakopee

2/17/17 - 4:00 pm  
at Rosemount HS

Shakopee

84-0

#8 Bloomington Jefferson

2/17/17 - 5:30 pm  
at Rosemount HS

Shakopee

56-18

#5 Eastview

2/17/17 - 4:00 pm  
at Rosemount HS

Eastview

34-30

#4 Lakeville North

Apple Valley

28-19

#3 Prior Lake

2/17/17 - 4:00 pm  
at Rosemount HS

Prior Lake

72-9

2/17/17 - 7:30 pm  
at Rosemount HS

#6 Rosemount

2/17/17 - 5:30 pm  
at Rosemount HS

Apple Valley

48-9

#7 Burnsville

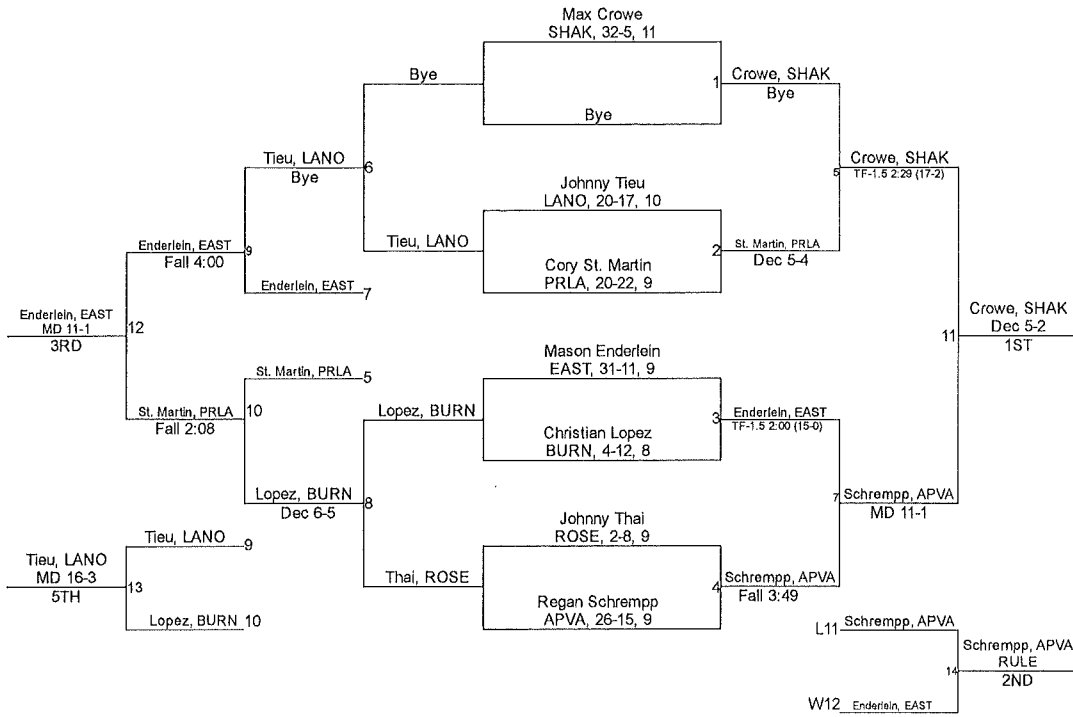
2/17/17 - 4:00 pm  
at Rosemount HS

Apple Valley

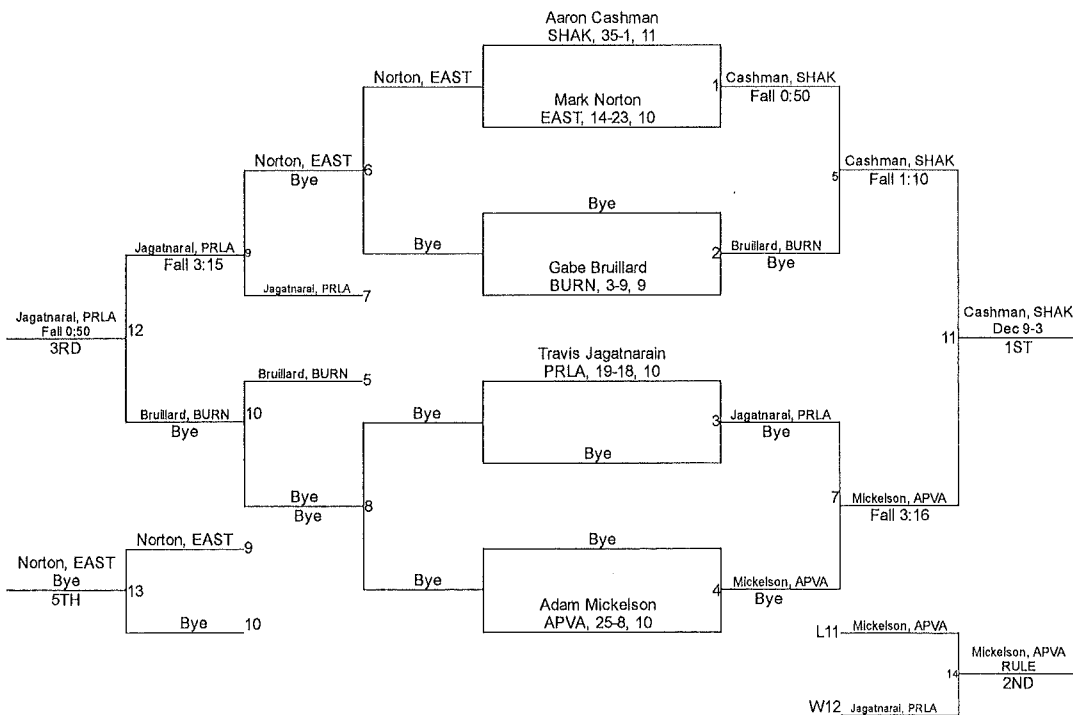
81-0

#2 Apple Valley

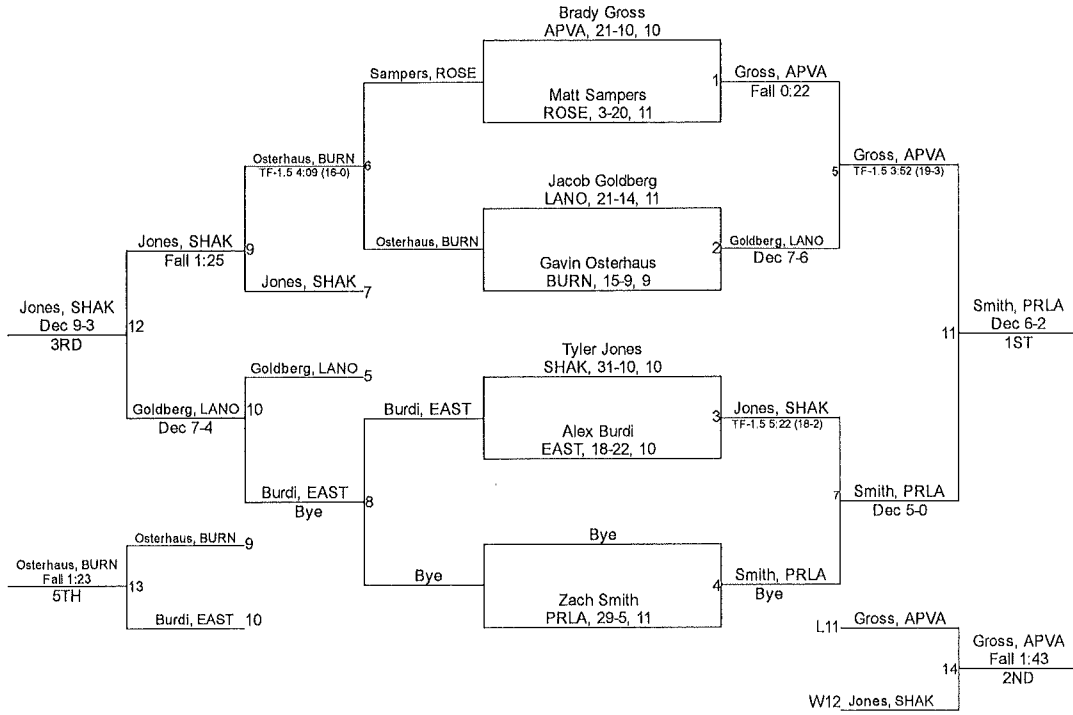
# MSHSL Section 2AAA



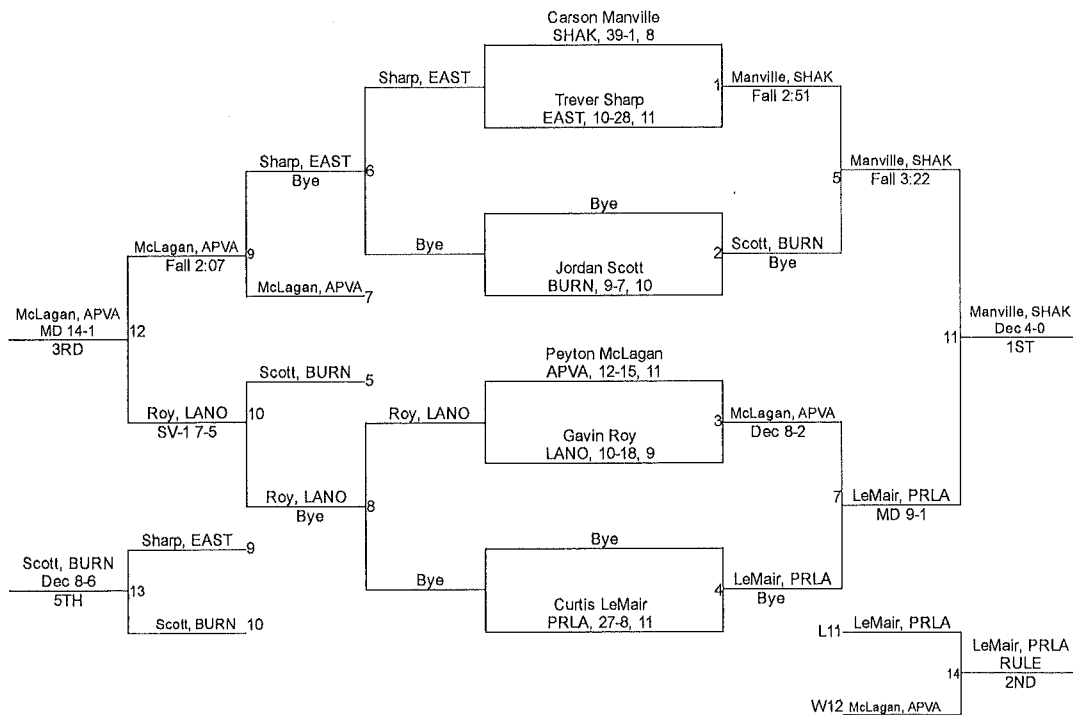
# MSHSL Section 2AAA



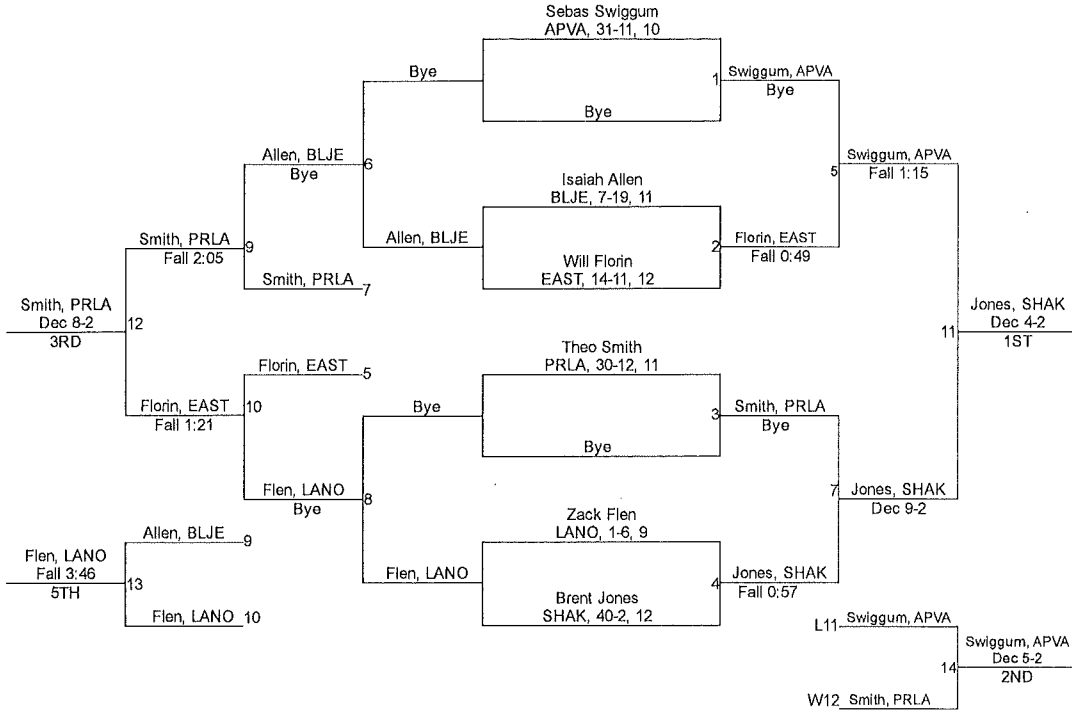
# MSHSL Section 2AAA



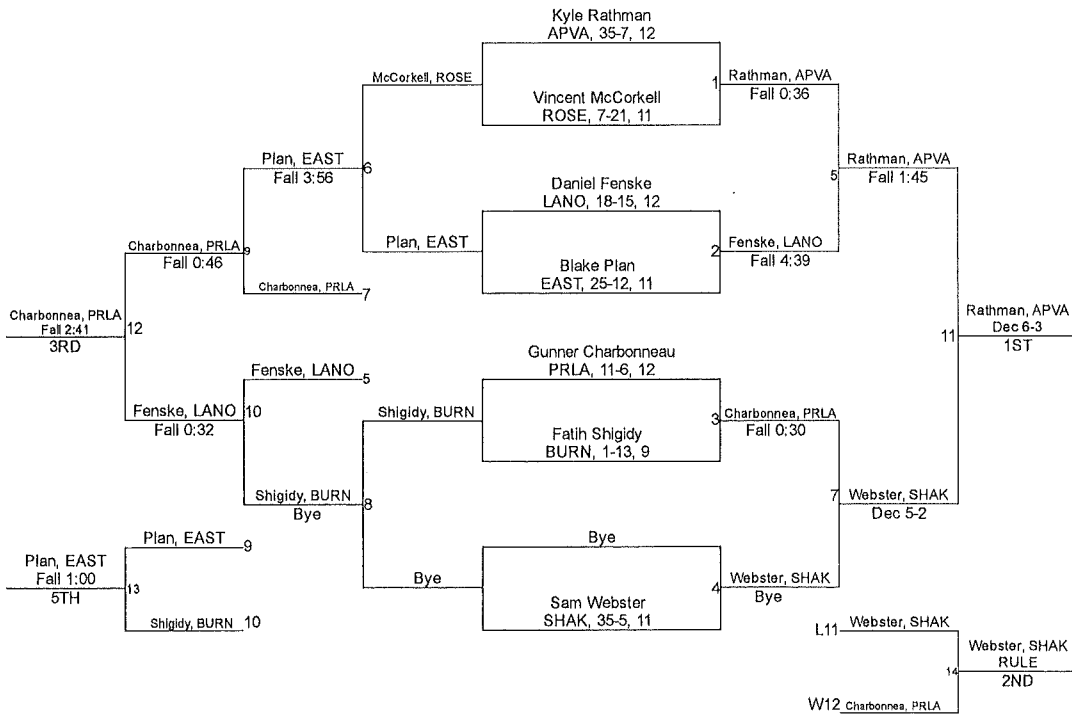
# MSHSL Section 2AAA



# MSHSL Section 2AAA



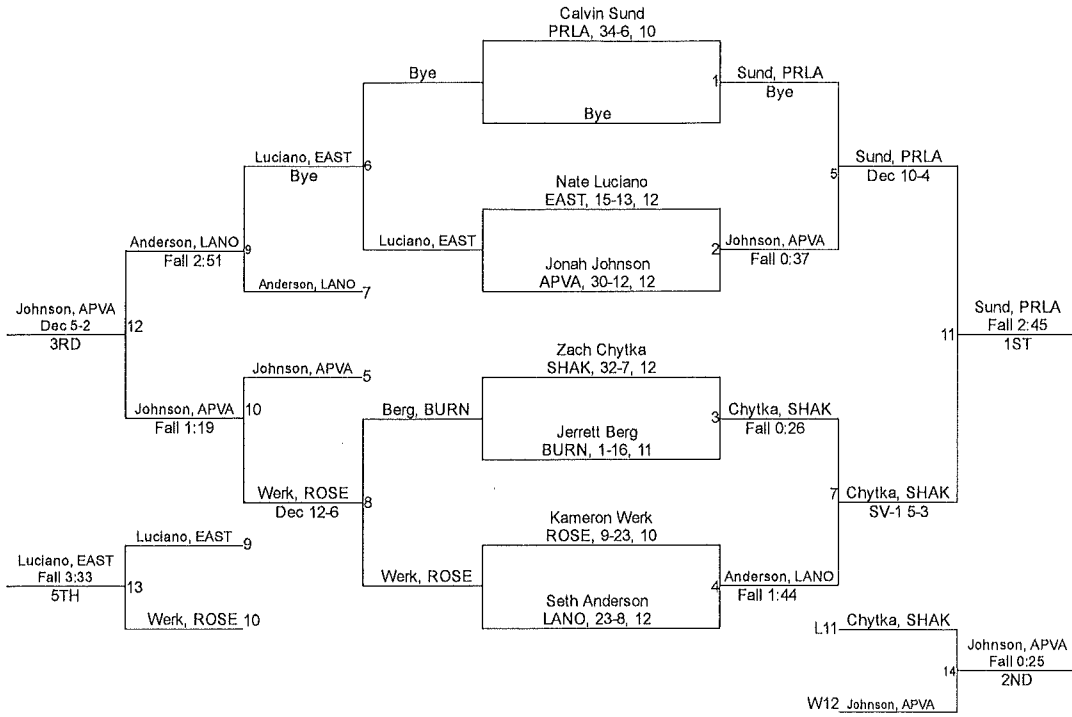
# MSHSL Section 2AAA



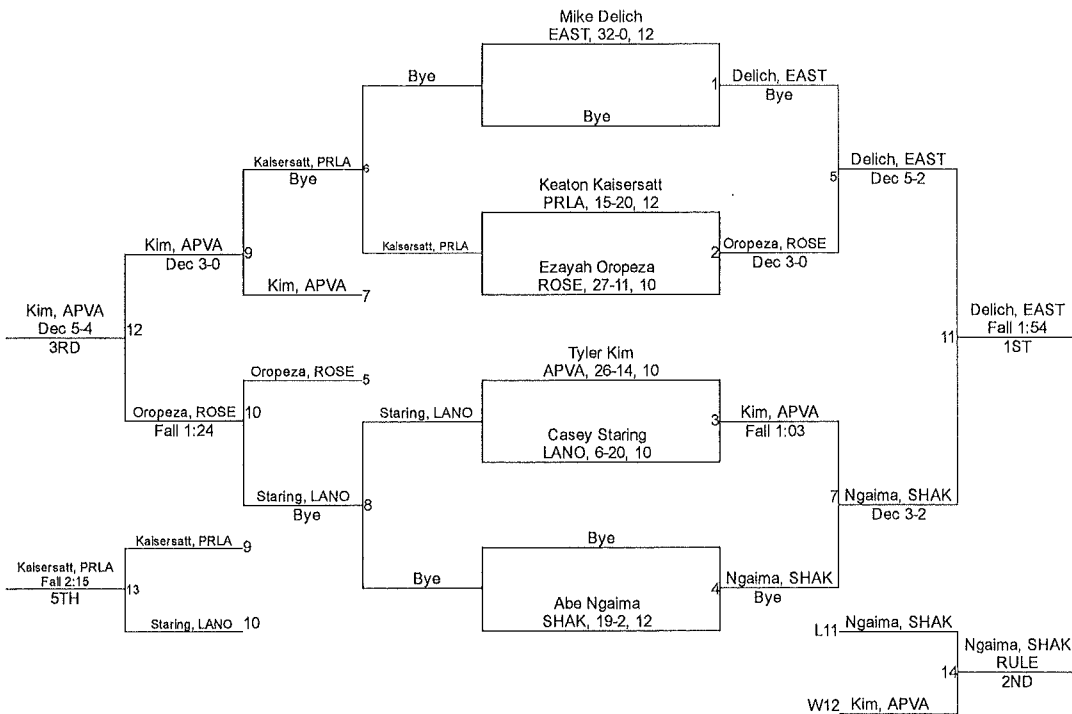




# MSHSL Section 2AAA



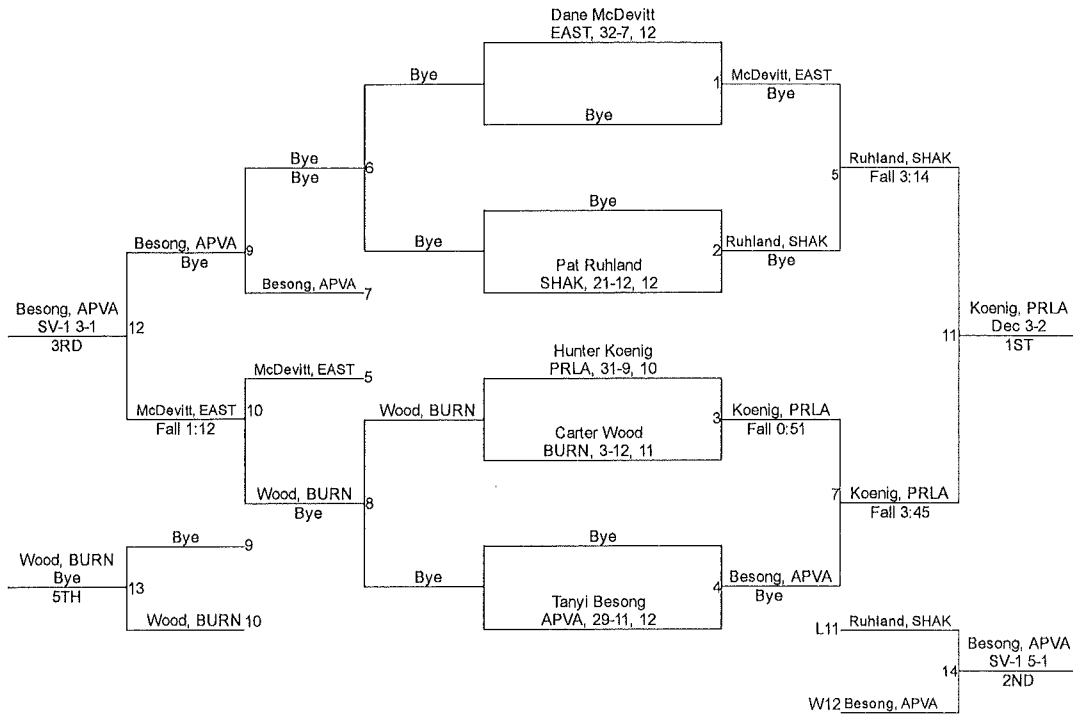
# MSHSL Section 2AAA





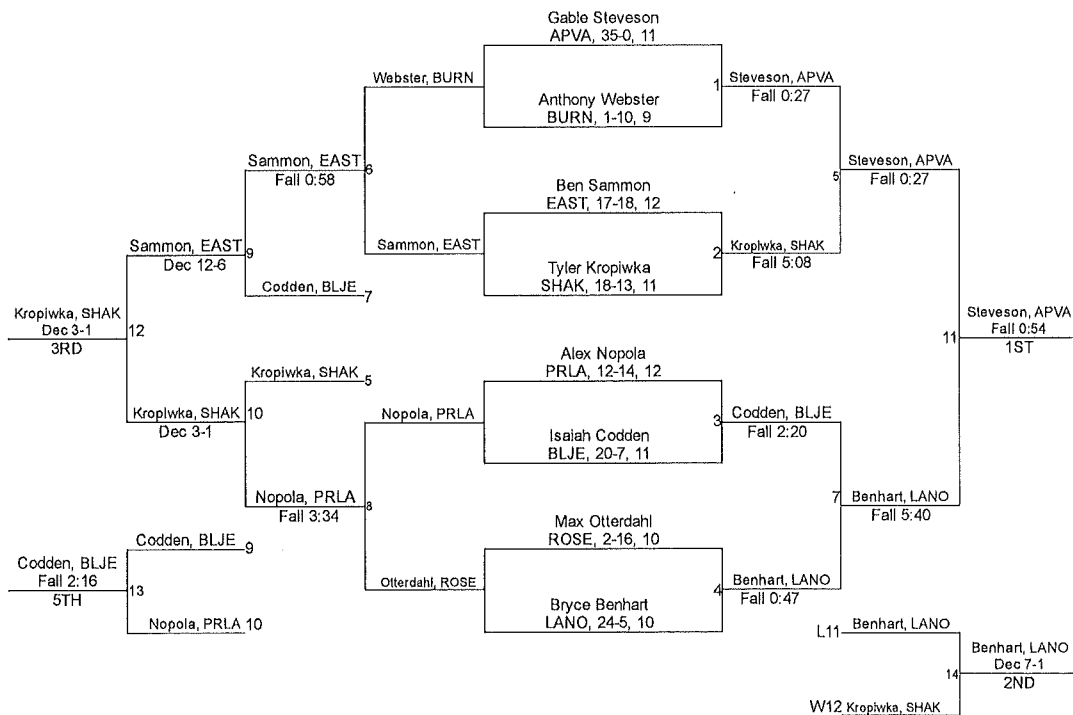
# MSHSL Section 2AAA

220



# MSHSL Section 2AAA

285



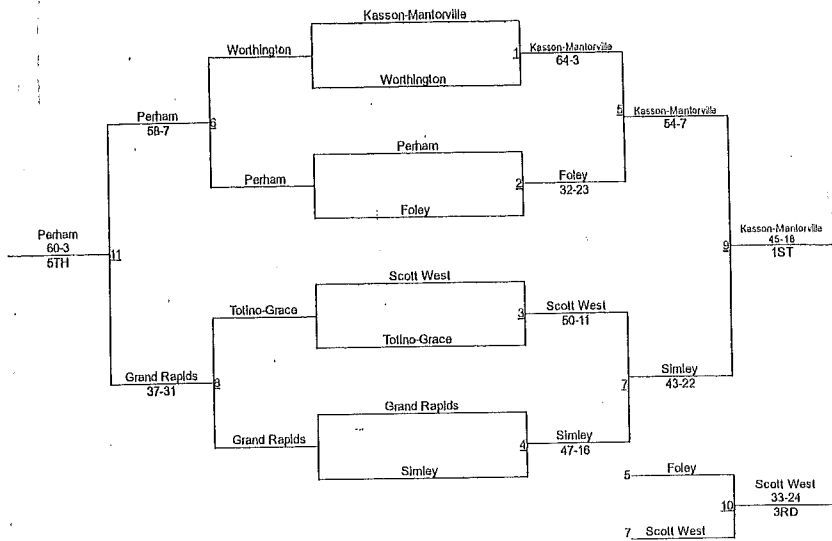
### 2017 SECTION 2AAA STATE PLACE WINNERS - 23

106	Regan Schrempp	2 <sup>nd</sup>	Apple Valley
106	Max Crowe	3 <sup>rd</sup>	Shakopee
113	Aaron Cashman	1 <sup>st</sup>	Shakopee
113	Adam Mickelson	4 <sup>th</sup>	Apple Valley
120	Zach Smith	4 <sup>th</sup>	Prior Lake
120	Brady Gross	5 <sup>th</sup>	Apple Valley
126	Carson Manville	1 <sup>st</sup>	Shakopee
126	Curtis LeMair	5 <sup>th</sup>	Prior Lake
132	Brent Jones	1 <sup>st</sup>	Shakopee
138	Kyle Rathman	3 <sup>rd</sup>	Apple Valley
138	Sam Webster	4 <sup>th</sup>	Shakopee
145	Alex Loyd	1 <sup>st</sup>	Shakopee
145	Nate Larson	6 <sup>th</sup>	Apple Valley
152	Alex Crowe	1 <sup>st</sup>	Shakopee
160	Kenny O'Neil	1 <sup>st</sup>	Prior Lake
160	Wade Sullivan	2 <sup>nd</sup>	Lakeville North
170	Jalen Thul	2 <sup>nd</sup>	Apple Valley
170	Alex Lindstrom	3 <sup>rd</sup>	Eastview
182	Calvin Sund	5 <sup>th</sup>	Prior Lake
182	Jonah Johnson	6 <sup>th</sup>	Apple Valley
195	Mike Delich	3 <sup>rd</sup>	Eastview
220	Tanyi Besong	5 <sup>th</sup>	Apple Valley
285	Gable Stevenson	1 <sup>st</sup>	Apple Valley

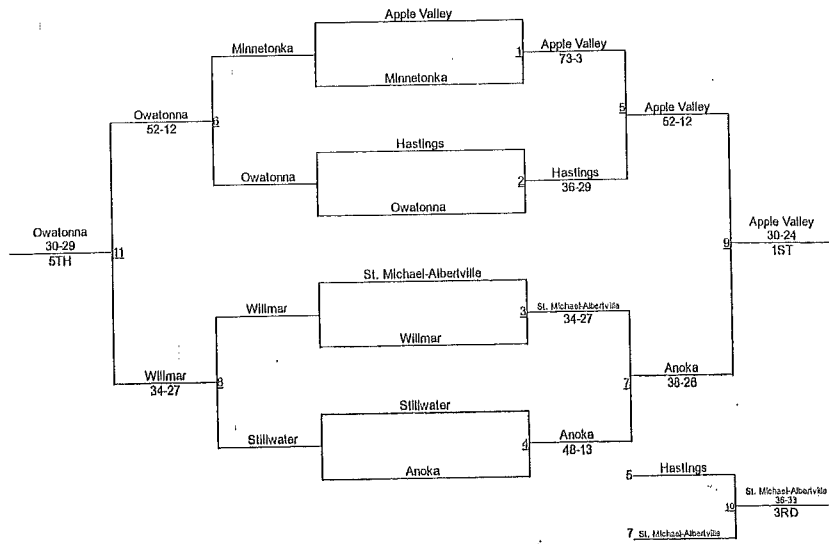
### 2017 SOUTH SUBURBAN CONFERENCE STATE PLACE WINNERS - 25

106	Regan Schrempp	2 <sup>nd</sup>	Apple Valley
106	Max Crowe	3 <sup>rd</sup>	Shakopee
113	Aaron Cashman	1 <sup>st</sup>	Shakopee
113	Adam Mickelson	4 <sup>th</sup>	Apple Valley
113	Trayton Anderson	2 <sup>nd</sup>	Farmington
120	Zach Smith	4 <sup>th</sup>	Prior Lake
120	Brady Gross	5 <sup>th</sup>	Apple Valley
126	Carson Manville	1 <sup>st</sup>	Shakopee
126	Curtis LeMair	5 <sup>th</sup>	Prior Lake
132	Brent Jones	1 <sup>st</sup>	Shakopee
132	Skyler Raymond	5 <sup>th</sup>	Farmington
138	Kyle Rathman	3 <sup>rd</sup>	Apple Valley
138	Sam Webster	4 <sup>th</sup>	Shakopee
145	Alex Loyd	1 <sup>st</sup>	Shakopee
145	Nate Larson	6 <sup>th</sup>	Apple Valley
152	Alex Crowe	1 <sup>st</sup>	Shakopee
160	Kenny O'Neil	1 <sup>st</sup>	Prior Lake
160	Wade Sullivan	2 <sup>nd</sup>	Lakeville North
170	Jalen Thul	2 <sup>nd</sup>	Apple Valley
170	Alex Lindstrom	3 <sup>rd</sup>	Eastview
182	Calvin Sund	5 <sup>th</sup>	Prior Lake
182	Jonah Johnson	6 <sup>th</sup>	Apple Valley
195	Mike Delich	3 <sup>rd</sup>	Eastview
220	Tanyi Besong	5 <sup>th</sup>	Apple Valley
285	Gable Stevenson	1 <sup>st</sup>	Apple Valley

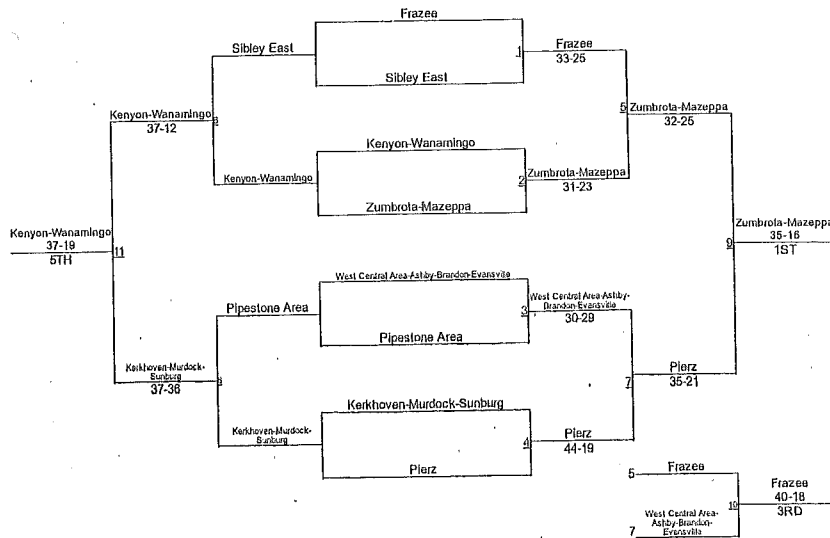
### 2017 MSHSL Team State Bracket



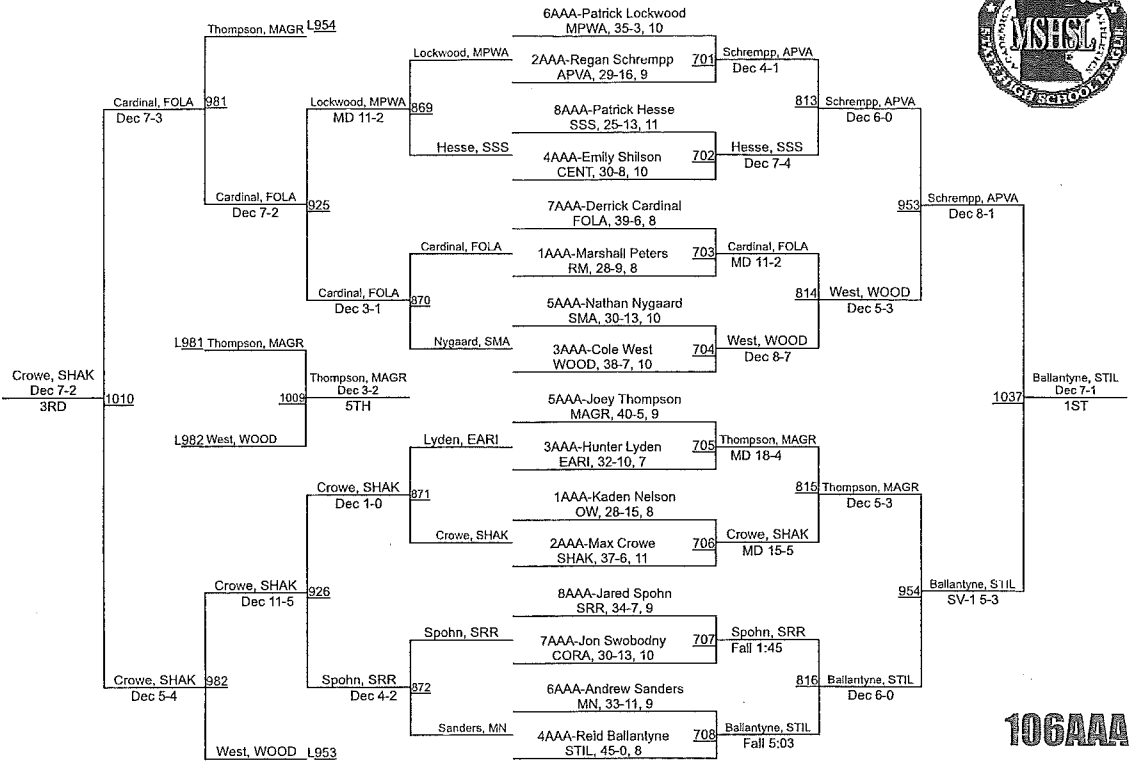
### 2017 MSHSL Team State Bracket



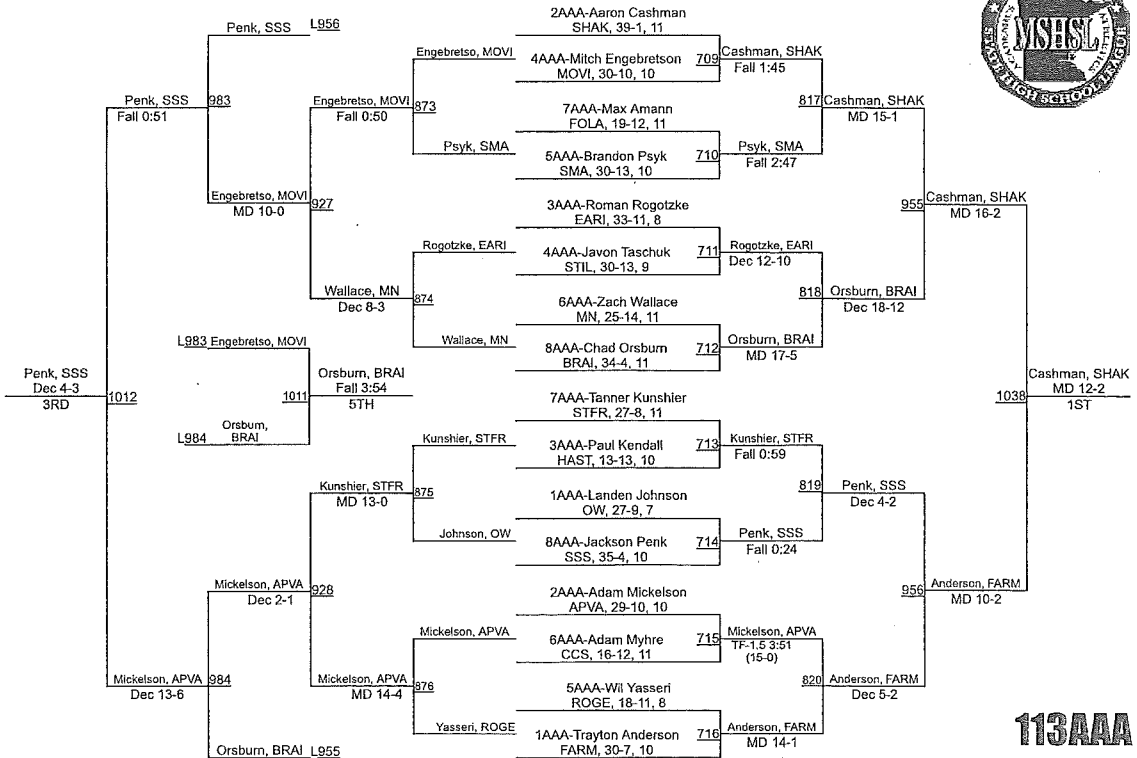
### 2017 MSHSL Team State Bracket



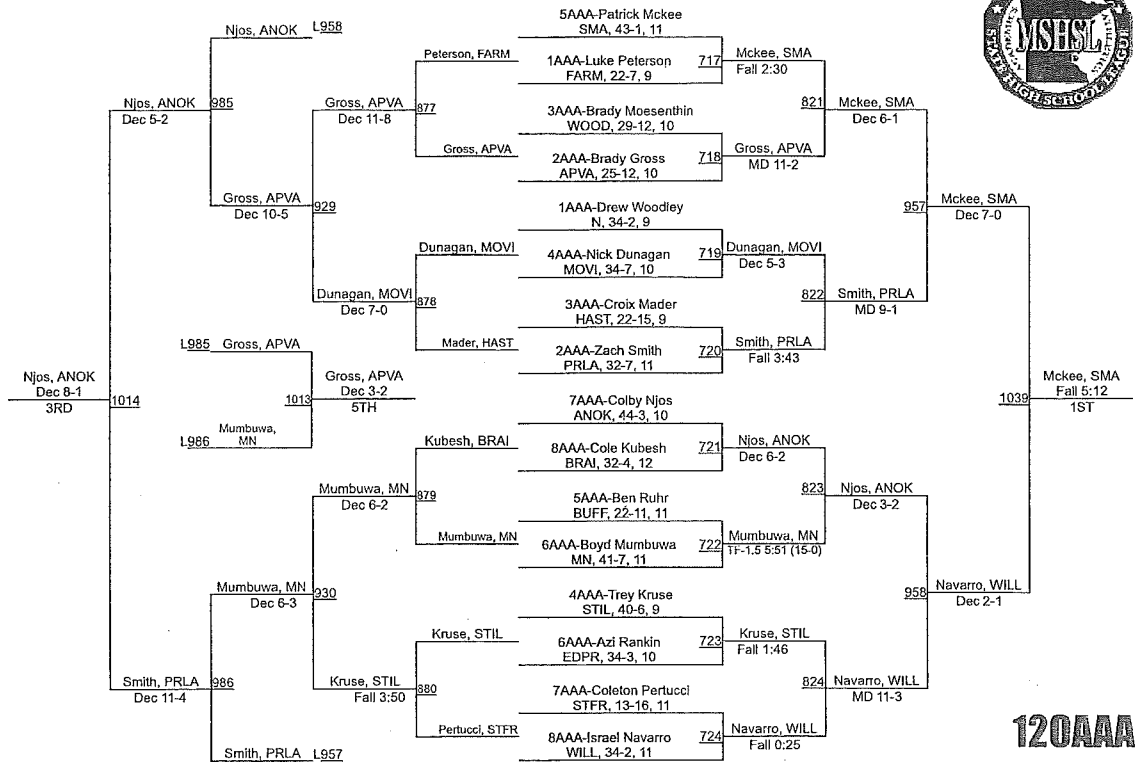
# 2017 MSHSL State Championships



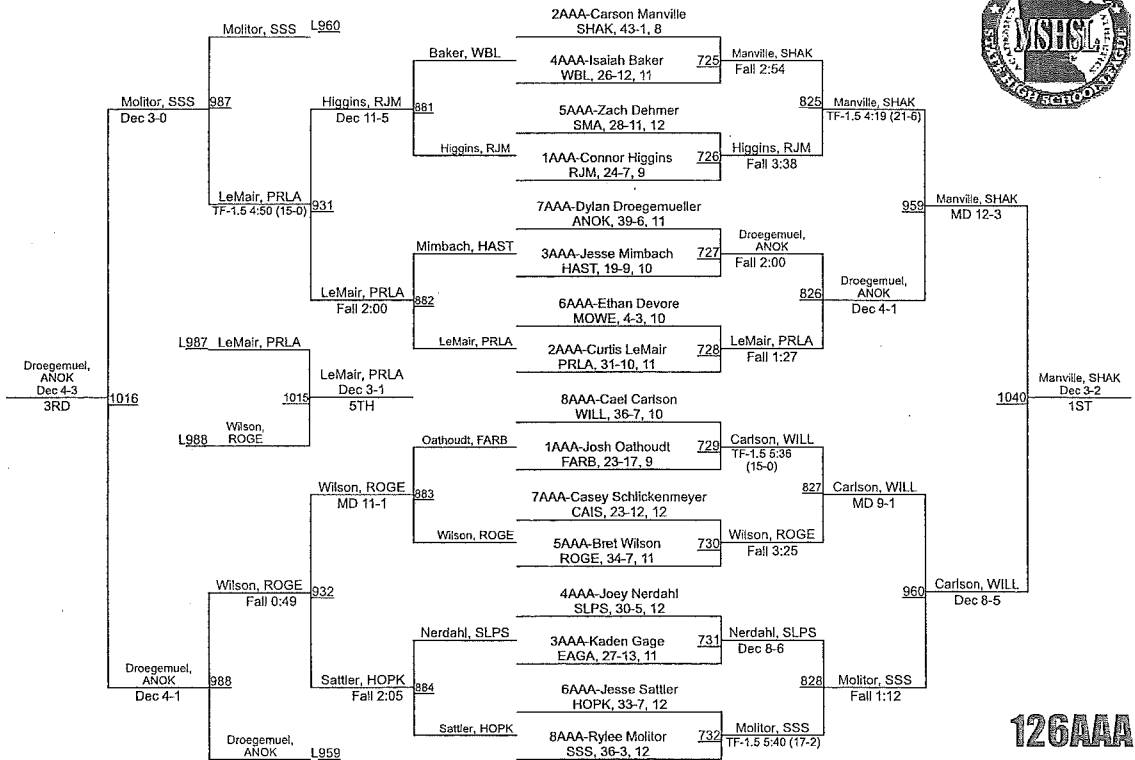
# 2017 MSHSL State Championships



# 2017 MSHSL State Championships

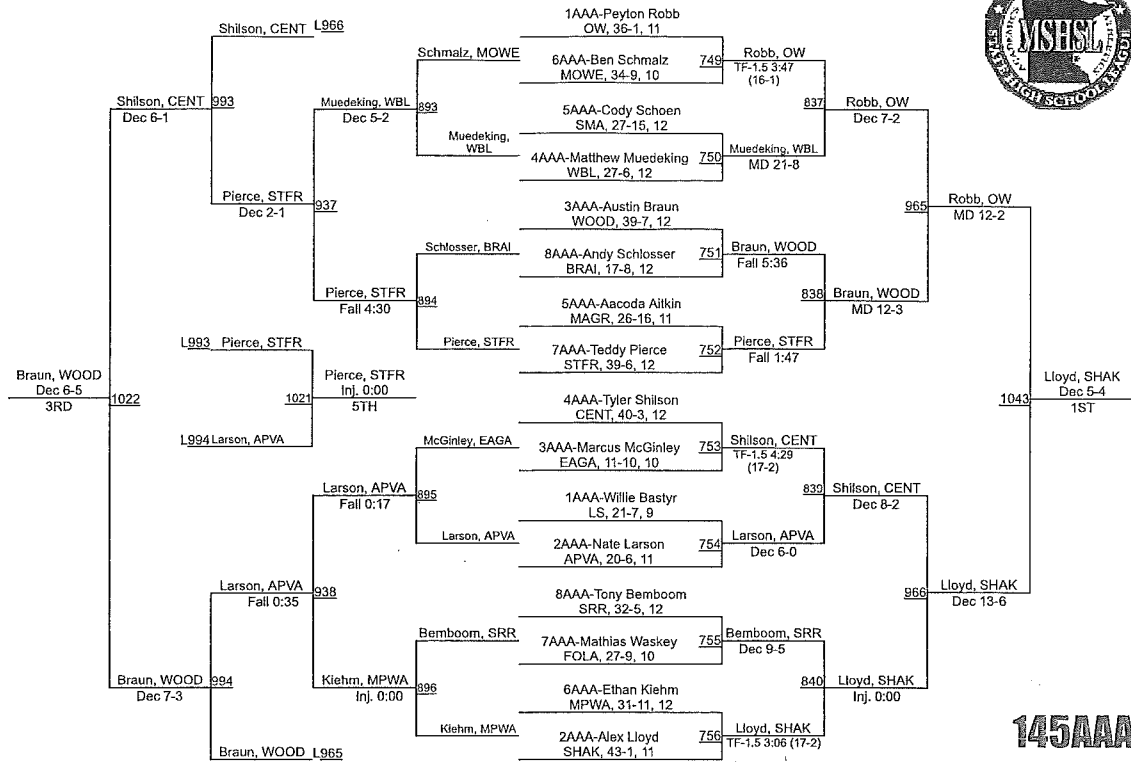


# 2017 MSHSL State Championships

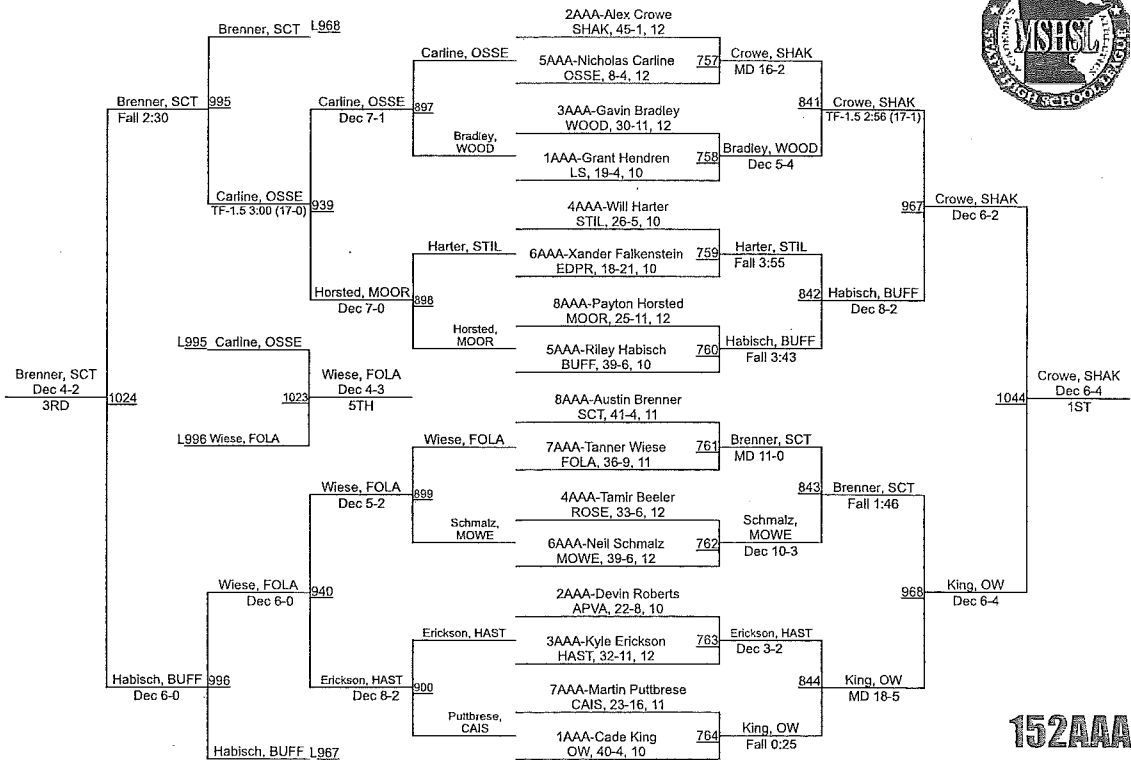




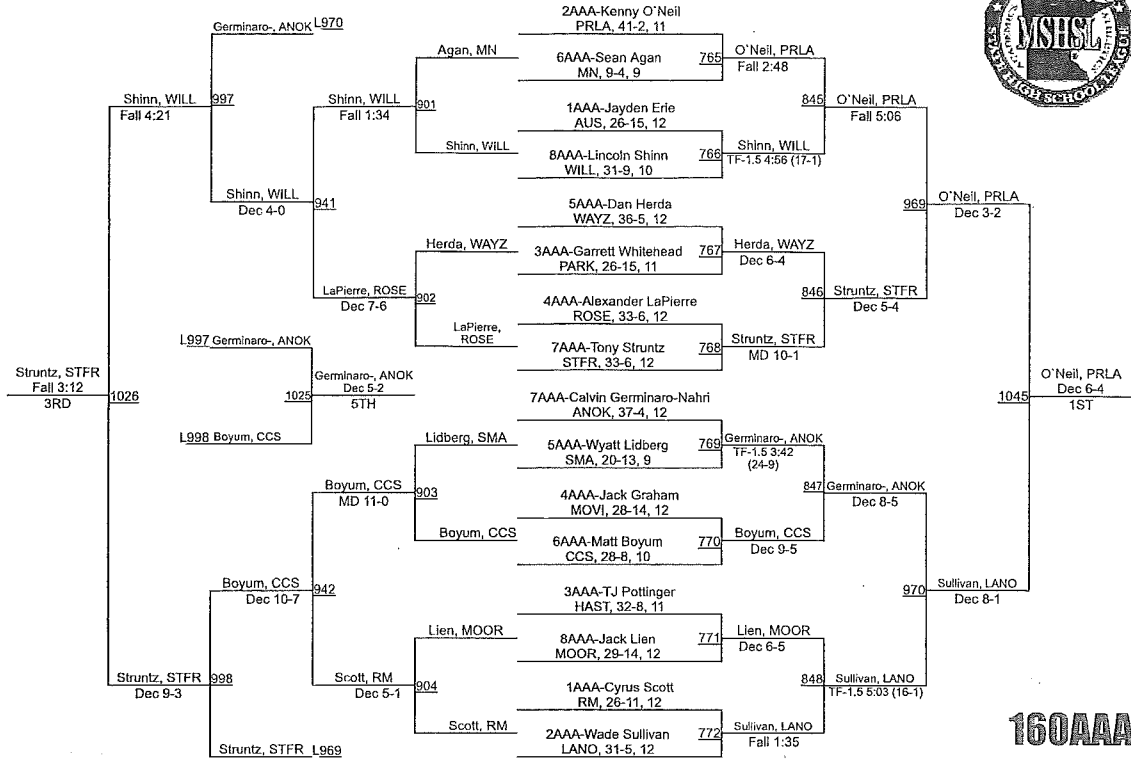
# 2017 MSHSL State Championships



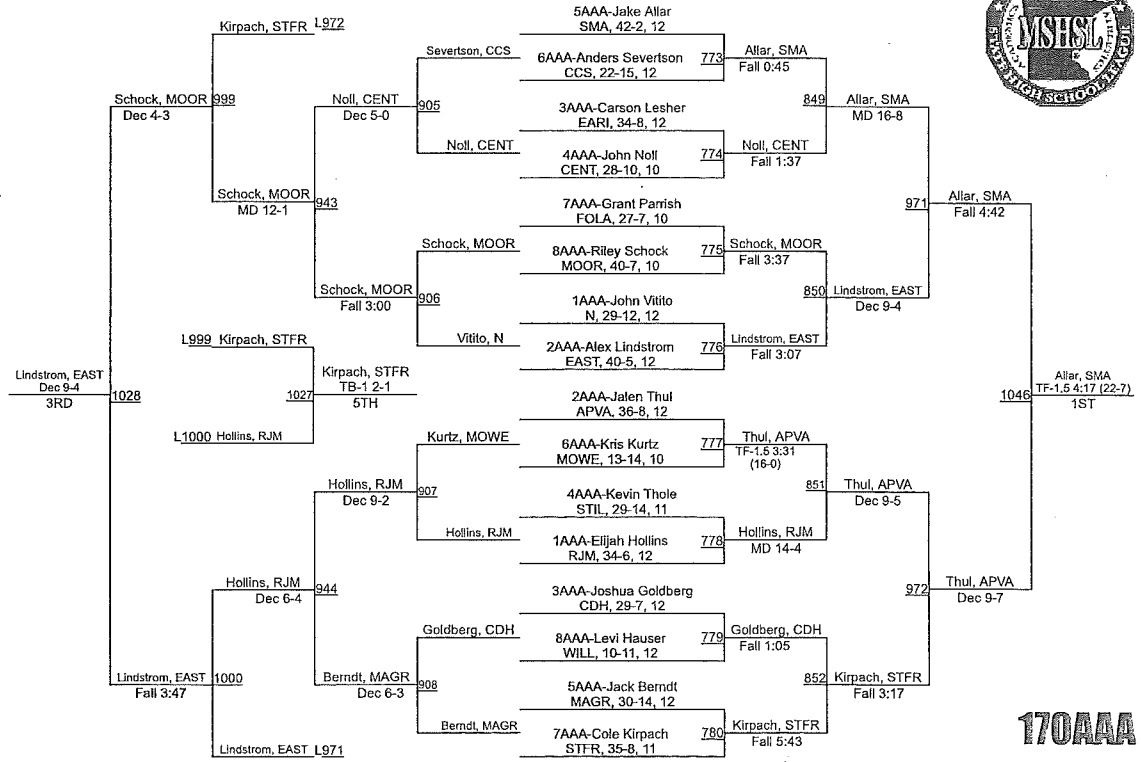
# 2017 MSHSL State Championships



# 2017 MSHSL State Championships

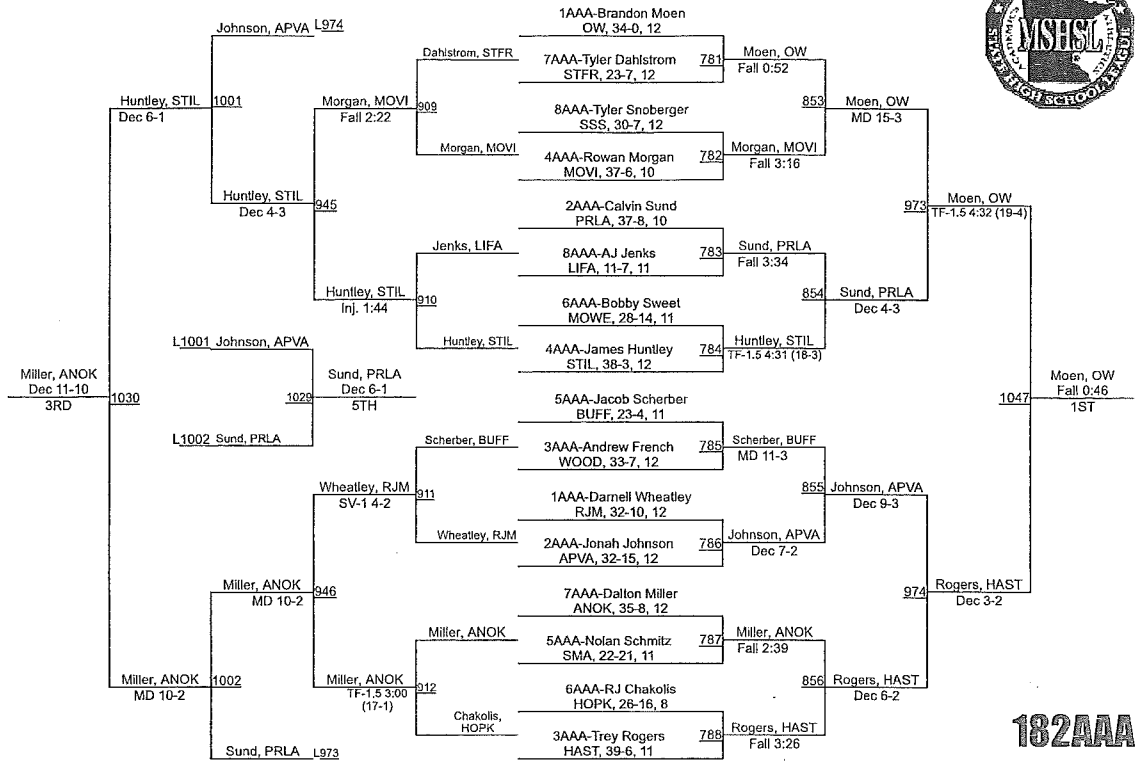


# 2017 MSHSL State Championships

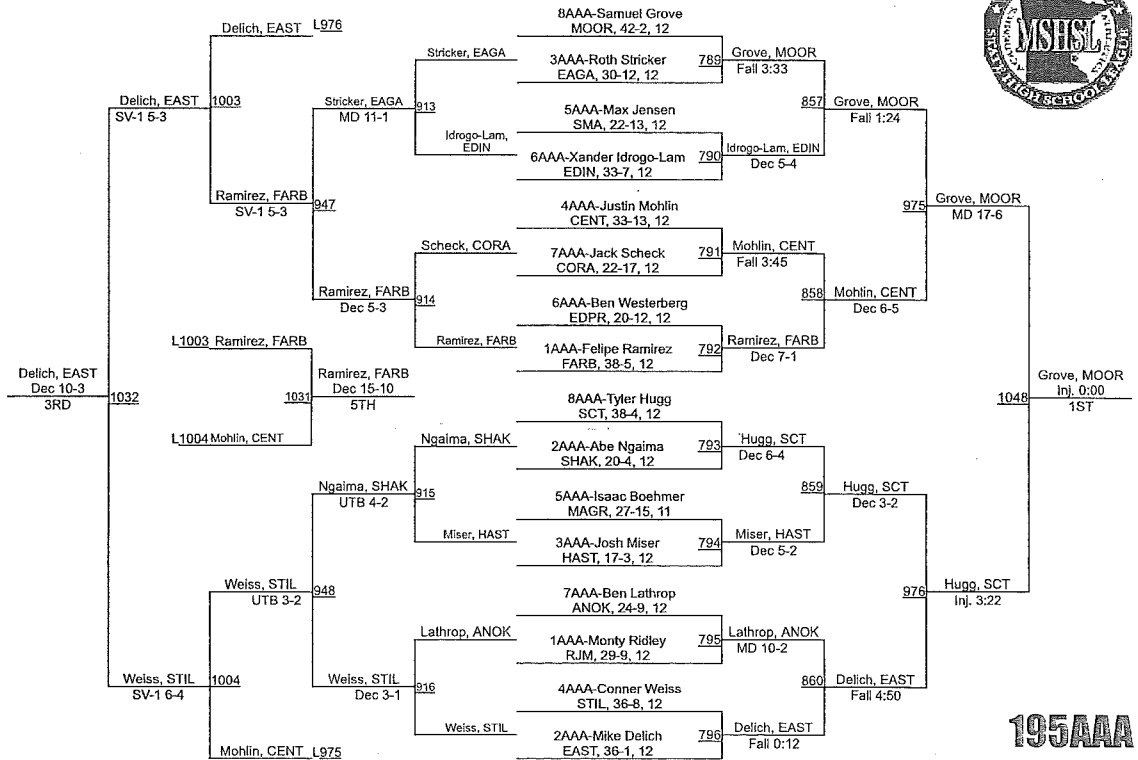




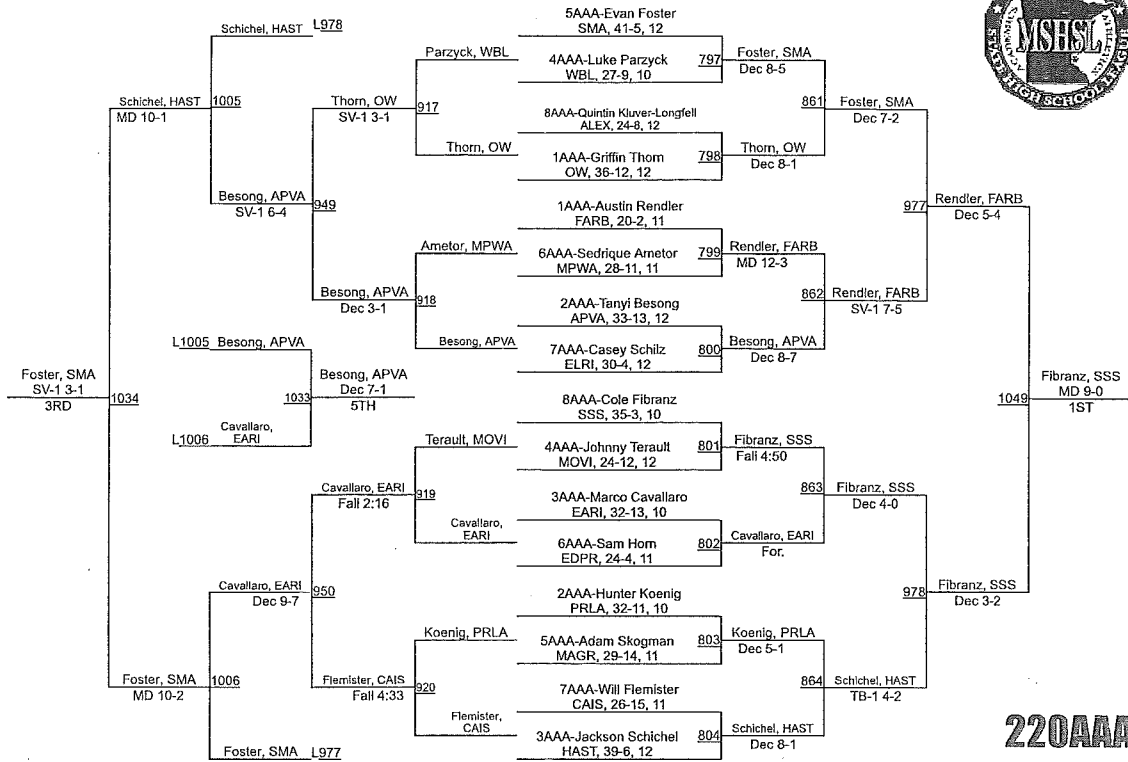
# 2017 MSHSL State Championships



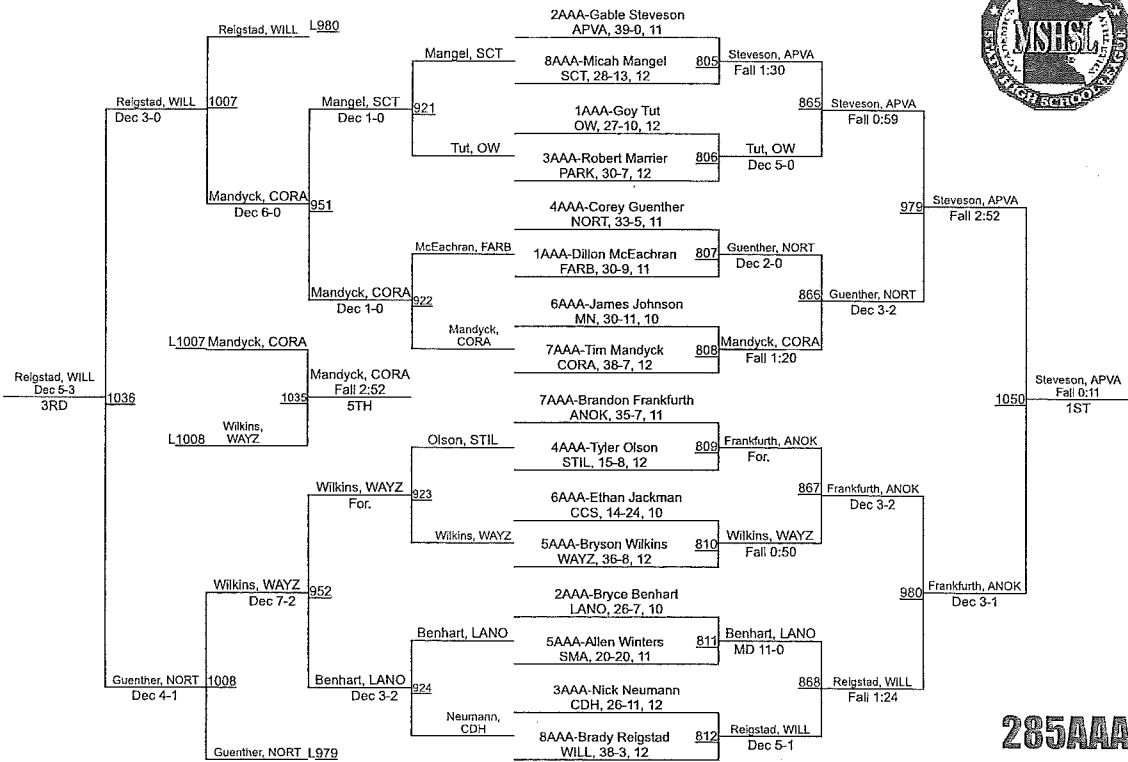
# 2017 MSHSL State Championships



# 2017 MSHSL State Championships



# 2017 MSHSL State Championships



# STATE WRESTLING RESULTS

INDIVIDUAL MEET  
At Xcel Energy Center

## CLASS 3A

### Semifinals

- 106: Reid Ballantyne, Stillwater, dec. Joey Thompson, Maple Grove, 5-3; Cole West, Woodbury, 8-1.
- 113: Aaron Cashman, Shakopee, dec. Chad Orsburn, Brainerd, 16-2; Trayton Anderson, Farmington, dec. Jackson Penk, Sartell-St. Stephen, 10-2.
- 120: Patrick McKee, St. Michael-Albertville, dec. Zach Smith, Prior Lake, 7-0; Israel Navarro, Willmar, dec. Cole Njos, Anoka, 2-1.
- 126: Cael Carlson, Willmar, dec. Rylee Mollitor, Sartell-St. Stephen, 8-5; Carson Manville, Shakopee, dec. Dylan Droege, Anoka, 12-3.
- 132: Clay Carlson, Willmar, pinned Nate Johnson, Hopkins, 2:57; Brent Jones, Shakopee, dec. Adam McSorley, Hastings, 5-3.
- 138: Jakob Bergeland, Centennial, dec. Kyle Rathman, Apple Valley, 3-2; Tyler Eischens, Anoka, forfeit Mason Hall, St. Francis, 0:00.
- 145: Alex Lloyd, Shakopee, dec. Tyler Shilson, Centennial, 13-6; Peyton Robb, Owatonna, dec. Austin Braun, Woodbury, 12-2.
- 152: Alex Crowe, Shakopee, dec. Riley Habisch, Buffalo, 6-2; Cade King, Owatonna, dec. Austin Brenner, St. Cloud Tech, 6-4.
- 160: Kenny O'Neil, Prior Lake, dec. Tony Struntz, St. Francis, 3-2; Wade Sullivan, Lakeville North, dec. Calvin Germino-Nahrng, Anoka, 8-1.
- 170: Jake Allar, St. Michael-Albertville, pinned Alex Lindstrom, Eastview, 4:42; Jalen Thul, Apple Valley, dec. Cole Kirmach, St. Francis, 9-7.
- 182: Brandon Moen, Owatonna, dec. Calvin Stund, Prior Lake, 19-4; Trey Rogers, Hastings, dec. Jonah Johnson, Apple Valley, 3-2.
- 195: Samuel Grove, Moorhead, dec. Justin Mohlin, Centennial, 17-6; Tyler Hugg, St. Cloud Tech, inj. default Mike Delich, Eastview, 3:22.
- 220: Cole Fibranz, Sartell-St. Stephen, dec. Jackson Schichel, Hastings, 3-2; Austin Rendler, Fairbault, dec. Evan Foster, St. Michael-Albertville, 5-4.
- 285: Brandon Frankfurth, Anoka, dec. Brady Reigstad, Willmar, 3-1; Gable Steveson, Apple Valley, pinned Corey Guenther, North St. Paul, 2:52.



St. Michael-Albertville's Jake Allar, right, attacked Eastview's Alex Lindstrom during the 170-pound semi-final. Allar pinned Lindstrom to advance to the championship match against Apple Valley's Jalen Thul.

## CLASS 2A

- 106: Matthew Petersen, Byron, dec. Kyle Boeke, Princeton, 18-5; Jaxson Rohman, Fairmont/Martin County West, dec. Nathan Garceau, Foley, 9-5.
- 113: Charlie Pickell, Mankato West, dec. Ryan Sokol, Simley, 13-8; Jake Svihel, Totino-Grace, dec. Ben Naddy, Ottertail Central, 8-4.
- 120: Justin Sampson, Waseca, dec. Cole Jones, Grand Rapids, 3-2; Garrett Vos, Waconia, dec. Tanner Krohls, Delano, 7-0.
- 126: Jake Glazier, Simley, dec. Josh Holm, Grand Rapids, 13-1; Jackson Stauffacher, Scott West, dec. Brock Luthens, Hutchinson, 5-1.
- 132: Peyton Anderson, Fairmont/Martin County West, forfeit Antonio Cortez, South St. Paul, 0:00; Tucker Sjomeling, Delano, dec. Tyler Shackelford, Scott West, 7-2.

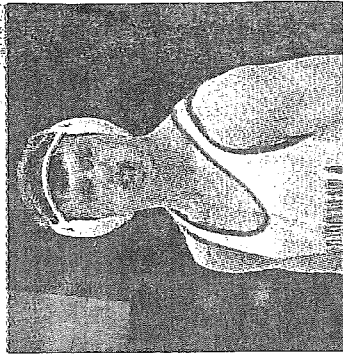
## Championship

- 106: Ballantyne dec. Schrempf, 7-1.
- 113: Cashman dec. Anderson, 12-2.
- 120: McKee pinned Navarro, 5:12.
- 126: Manville dec. Ca. Carlson, 3-2.
- 132: Jones dec. Cl. Carlson, 3-2.
- 138: Eischens dec. Bergeland, 2-1.
- 145: Lloyd dec. Robb, 5-4.
- 152: Crowe dec. King, 6-4.
- 160: O'Neil dec. Sullivan, 6-4.
- 170: Allar dec. Thul, 22-7.
- 182: Moen pinned Rogers, 4:6.
- 195: Grove inj. default Hugg, 0:00.
- 220: Fibranz dec. Rendler, 9-0.
- 285: Steveson pinned Frankfurth, 11-1.

# CLASS-BY-CLASS CHAMPIONS

## 3A

- 106: Reid Ballantyne, Stillwater
- 113: Aaron Cashman, Shakopee
- 120: Patrick McKee, St. Michael-Albertville
- 126: Carson Manville, Shakopee
- 132: Brent Jones, Shakopee
- 138: Tyler Eischens, Anoka
- 145: Alex Lloyd, Shakopee
- 152: Alex Crowe, Shakopee
- 160: Kenny O'Neil, Prior Lake
- 170: Jake Allar, St. Michael-Albertville
- 182: Brandon Moen, Owatonna
- 195: Samuel Grove, Moorhead
- 220: Cole Fibranz, Sartell-St. Stephen
- 285: Gable Steveson, Apple Valley



ANTHONY SOUFFLE • Star Tribune  
Owatonna's Brandon Moen celebrates his title at 182 pounds.

## 2A

- 106: Matthew Petersen, Byron
- 113: Charlie Pickell, Mankato West
- 120: Garrett Vos, Waconia
- 126: Jake Gliva, Simley
- 132: Tucker Sjomeling, Delano
- 138: Keaten Schorr, Kasson-Mantorville
- 145: Tyler Wagener, Waconia
- 152: Anthony Jackson, Simley
- 160: Brady Berge, Kasson-Mantorville
- 170: Patrick Kennedy, Kasson-Mantorville
- 182: Jared Florell, Totino-Grace
- 195: Daniel Kerkvliet, Simley
- 220: Noah Ryan, Kasson-Mantorville
- 285: Mitch Trigg, Foley

## 1A

- 106: Blake Legred, United South Central
- 112: Jeron Matson, Kenyon-Wanamingo
- 120: Hunter Burnett, Pipestone Area
- 126: Michael Suda, Pipestone Area
- 132: Tanner Pasvogel, Sibley East
- 138: Lane Heim, St. Charles
- 145: Jake Mandt, Chatfield
- 152: Tyler Ryan, Kenyon-Wanamingo
- 160: Bailee O'Reilly, Goodhue
- 170: Alex Erpelding, Staples-Motley
- 182: Caden Steffen, Zumbrota-Mazepa
- 195: Christopher Bain, Grand Meadow/L-O/S
- 220: Reid Seelhammer, Dover-Eyota
- 285: Trent Esping, Minnesota

## Championships

- 106: Petersen dec. Rohman, 3-1.
- 113: Pickell dec. Svihel, 9-7.
- 120: Vos dec. Sampson, 4-0.
- 126: Gliva dec. Stauffacher, 3-2.
- 132: Sjomeling dec. Anderson, 9-1.
- 138: Schorr dec. Huenfänger, 8-1.
- 145: Wagener dec. Nelson, 2-1.
- 152: Jackson dec. Glazier, 5-3.
- 160: Berge dec. Steuber, 25-10.
- 170: Kennedy dec. Nielsen, 9-6.
- 182: Florell dec. Striggow, 7-3.
- 195: Kerkvliet pinned Schmitt, 4:6.
- 220: Ryan dec. Jakes, 11-5.
- 285: Trigg dec. Reynolds, 8-5.

## CLASS 1A

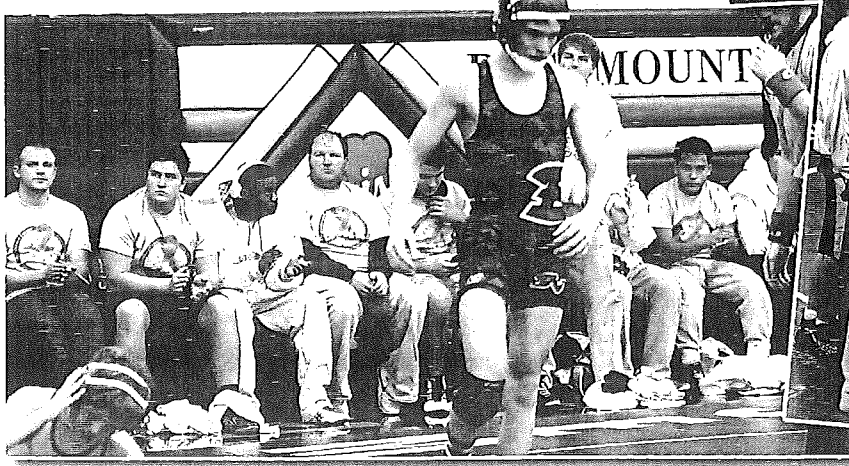
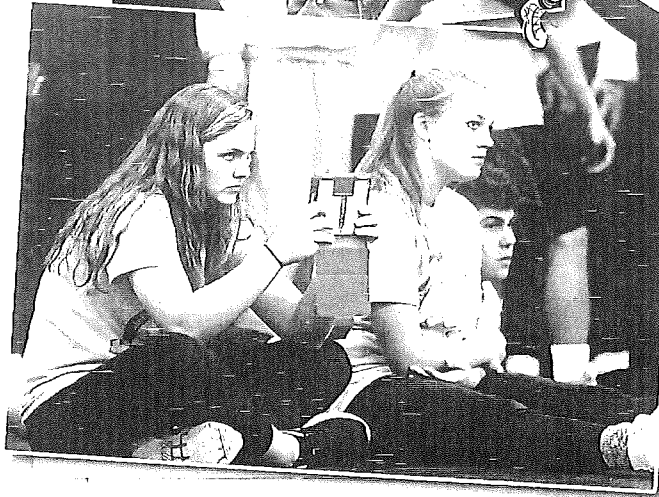
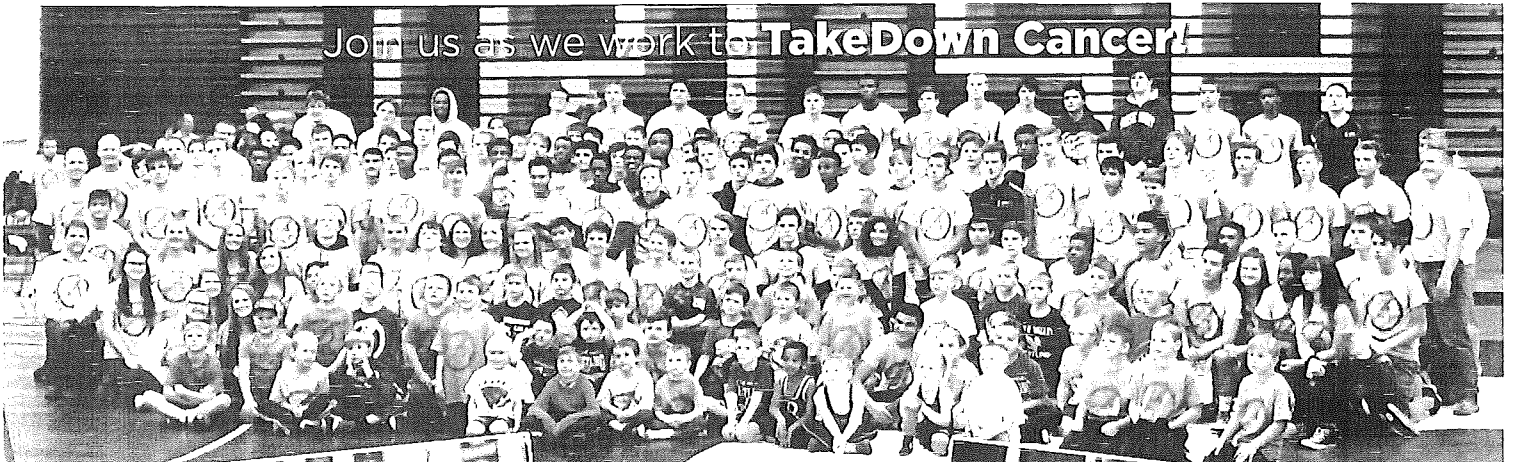
### Semifinals

- 106: Ashton Clark, Park Rapids Area, dec. Jackson Hale, Grand Meadow/LeRoy-Ostrander/Southland, 7-4;
- 182: Blake Legred, United South Central, dec. Brett Willaby, Windom/Mountain Lake Area, 7-0.

## KYNDELL HARKNESS • kyndell.harkness@startribune.com

- 170: Patrick Kennedy, Kasson-Mantorville, dec. Ryan Duffy, South St. Paul, 11-1; Solomon Nielsen, Luverne, dec. Mason Rutt, Tri-City United, 4-3.
- 182: Jared Florell, Totino-Grace, pinned Dawson Kellogg, Perham, 3:52; Bobby Striggow, Orono, dec. Tyler Buegens, Scott West, 9-3.
- 195: Daniel Kerkvliet, Simley, pinned Travis Capelle, Stewartville, 3:30; Taylor Schmit, Foley, dec. Will Storch, Waterville-Elystan-Morris-town/Lanesville-Waldorf-Pemberton, 5-2.
- 220: Zachary Jakes, Mankato West, dec. Sam Wamre, United Clay Becker, 12-2; Noah Ryan, Kasson-Mantorville, dec. Ethan Kimber, Bertha-Hewitt/Vermdale, 8-6.
- 285: Devin Reynolds, Cloquet-Esko-Carlton, pinned Chandler Kurth, Hutchinson, 4:18; Mitch Trigg, Foley, dec. Manny Alvarez, 1-0.

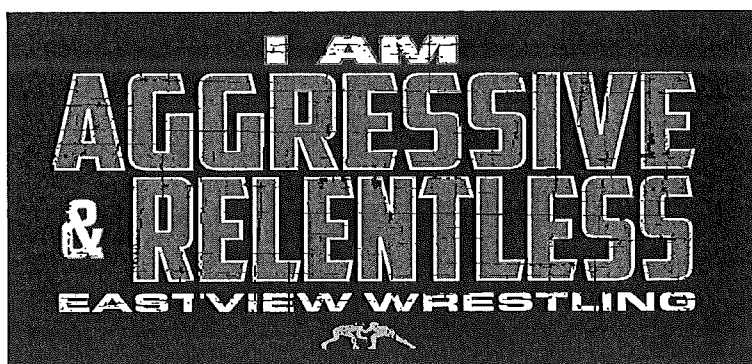
Join us as we work to **TakeDown Cancer!**



# WRESTLERS OF THE WEEK

<u>Varsity</u>	<u>Junior Varsity</u>	<u>Freshman</u>
Mason Enderlein	Peter Swanson	Austin Gerisch
Alex Burdi	Adam Bass	Dylan Fredrickson
Knowledge Gutierrez	Cedric Warner	Chris Hahn
Mark Norton	Jacob Laflex	Kyle Le
Nate Luciano	Kyle Brusco	Roman Gilbert
Logan Estep	Sam Lewison	Rutger Haines
Mike Delich	Quinn Hoffman	Roman Gilbert
Alex Lindstrom	Kobe Alba	Kyle Le
Dane McDevitt	Phil Melroe	Kyle Le
Mark Norton	Nate Moore	Connor Meixell
Brendan Formaneck	Peter Swanson	
Chris Abbey		
Adam Larson		
Gage Greenlee		
Cory Brodeur		
Will Florin		
Blake Plan		

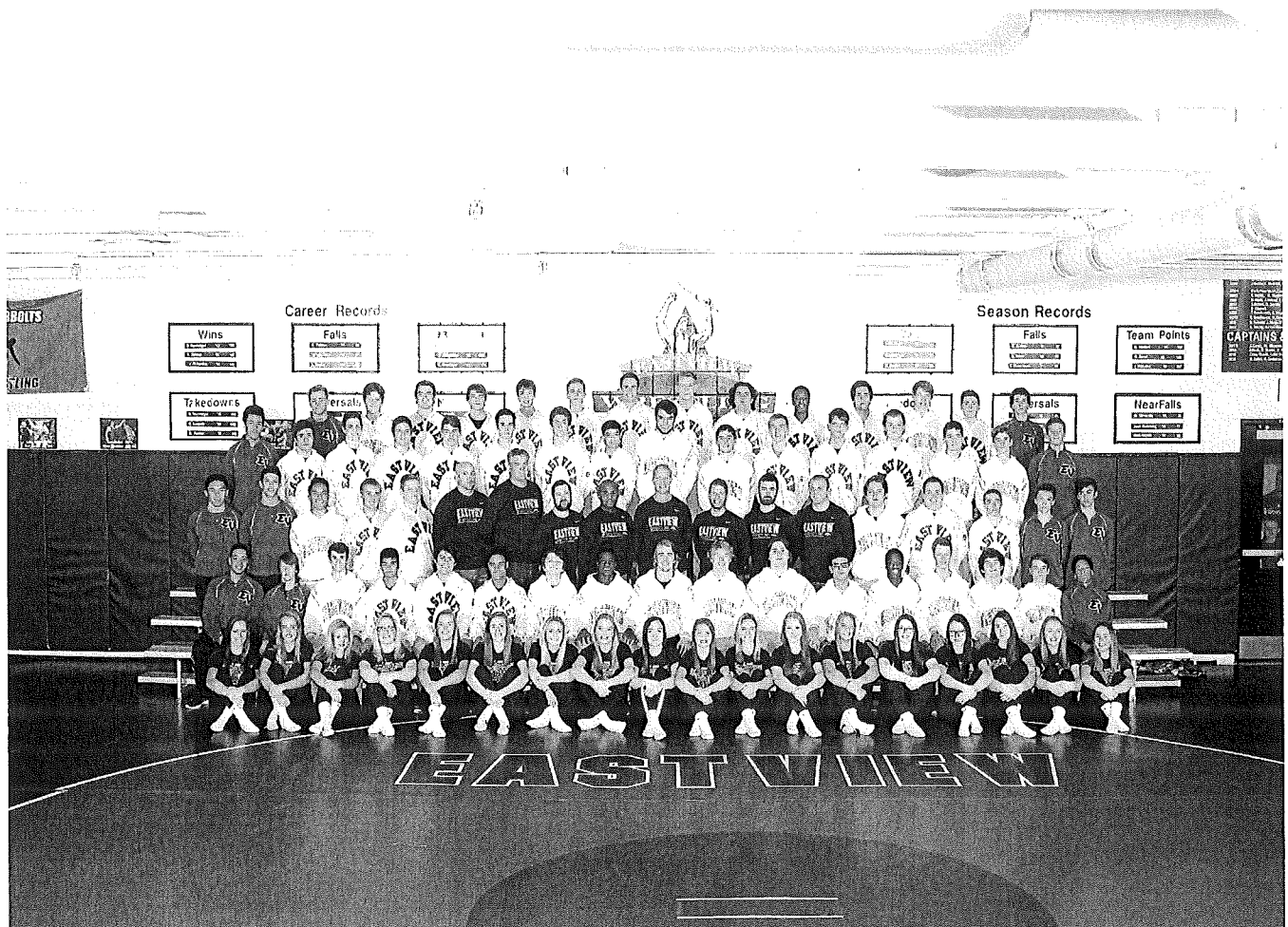
## TEAM 2017



## Returning Letter Winners 2016-2017 Varsity Career Statistics

WRESTLER	GRADE	WINS	LOSS	TD	NF	R	FALLS	TM PTS
Bill Barretto	11	1	0	1	4	2	1	5
Kyle Brusco	11	1	0	0	0	0	0	6
Logan Estep	11	30	28	32	26	30	14	142
Brady O'Neil	11	1	2	1	1	1	1	6
Blake Plan	11	33	23	48	50	33	15	158
Micky Prommachai	11	1	7	4	0	0	0	3
Eric Schmidt	11	4	4	4	2	0	1	18
Trever Sharp	11	9	33	10	6	8	5	45
Alex Burdi	10	30	44	55	42	33	8	129
Gage Greenlee	10	63	50	117	78	23	42	329
Mark Norton	10	16	39	54	6	11	4	70
Peter Swanson	10	4	2	8	1	2	3	21
Cedric Warner	10	3	8	11	0	2	0	9
Mason Enderlein	9	36	17	80	17	4	19	181

Other Letter Winners... Kobe Alba, Adam Bass, Kyle Brusco, Charlie Dunne, Jacob Laflex, Quinn Hoffman, Carter Mckenzie, Brenden Rice, Patrick Watson



## EASTVIEW WRESTLER ALUMNI VARSITY CAREER STATISTICS

NAME	YEAR	WINS	LOSS	TD	NF	R	FALLS	TMPT
Tony Rodin	1999	77	23	151	83	36	31	361
Brandon Jones	1999	13	20	31	18	7	5	56
Joe Theisen	1999	5	27	11	7	7	1	22
Brad Okonek	2000	49	50	84	71	24	33	255
Matt Davis	2000	44	61	76	66	25	23	204
Nate Ernst	2000	44	24	94	25	15	19	203
Adam Miller	2000	28	34	64	15	13	14	135
Nick Thompson	2000	27	21	41	23	39	13	126
Chris Verhaeghe	2000	2	3	3	2	1	1	9
Adam Fokken	2001	147	36	349	121	92	83	727
David Rasmussen	2001	66	49	154	60	43	23	298
Brian Putnam	2001	19	21	13	11	7	10	91
Adam Johnson	2001	13	45	39	16	15	7	65
Eric Budd	2001	0	1	0	0	0	0	0
Jon Hanson	2001	0	5	1	0	1	0	0
Kris Carson	2002	0	0	0	0	0	0	0
Mikey Fornicoia	2002	107	31	231	166	84	44	491
Mic Hale	2002	0	1	0	0	0	0	0
Wade Halvorsen	2002	1	0	1	0	1	1	6
Eric Lemm	2002	38	37	53	26	24	16	173
David Pudwill	2002	11	12	10	1	0	4	51
John Getzke	2003	78	46	138	79	50	40	368
Nate Kocer	2003	55	25	71	31	55	45	310
Andrew Lenertz	2003	5	5	12	4	5	2	24
Kevin McBride	2003	110	84	111	89	65	39	307
Chris Shuck	2003	64	59	194	35	17	16	252
Jud Turk	2003	53	57	110	63	26	16	223
James Voyles	2003	50	28	107	12	11	15	213
Jason Berve	2004	0	1	0	0	0	0	0
Pat Dea	2004	79	57	151	123	69	42	322
Kevin Eich	2004	71	61	167	47	26	18	290
Jeremiah Foertsch	2004	48	57	97	50	50	26	228
David Grogg	2004	7	16	14	4	4	3	30
Fred Hwang	2004	12	23	15	9	7	11	74
Ryan Langlais	2004	139	54	449	112	50	55	621
Andy Tighe	2004	2	0	0	0	0	0	12
Cory Wagner	2004	13	12	15	9	7	11	74
Brain Wallenta	2004	4	3	3	3	1	2	24
Tom Chies	2005	12	27	19	9	21	2	48

NAME	YEAR	WINS	LOSS	TD	NF	R	FALLS	TMPT
Steve McMoore	2005	6	8	15	7	9	2	25
Ryan Ruckdashel	2005	54	29	76	30	10	36	292
Sam Voyles	2005	15	12	33	14	8	7	74
Kyle Wilson	2005	19	45	44	8	22	9	97
Justin Armstrong	2006	7	5	4	3	4	5	42
Chris Becker	2006	4	10	3	4	2	1	18
Chad Eul	2006	31	23	40	24	18	17	160
Chris Griep	2006	20	41	27	15	15	8	98
Minh Huynh	2006	100	32	160	148	53	42	458
John Makabe	2006	90	33	190	60	45	47	442
Andrew Nelson	2006	49	44	54	48	46	23	216
Josh Nelson	2006	60	52	156	68	25	20	254
Dillon Powell	2006	32	19	85	21	13	16	149
Abebe Dessalegn	2007	36	24	89	35	13	21	178
Dan Getzke	2007	70	35	142	101	36	39	326
Jacob Nelson	2007	65	25	103	75	35	23	304
Jeff Hanson	2007	1	2	3	0	1	0	3
Andrew Pudwill	2007	12	21	18	3	5	7	61
Alex Bakardjiev	2008	1	7	0	0	2	1	6
Dino Blundetto	2008	18	37	36	11	4	14	105
Scott Kenning	2008	20	30	31	13	11	13	104
David Ly	2008	35	40	53	29	30	16	155
Tony Nguyen	2008	7	8	10	2	1	2	39
Brian Okonek	2008	55	51	91	37	35	27	261
James Pudwill	2008	37	40	54	24	16	26	189
Pat Cox	2009	0	6	1	0	3	0	0
Matt Franson	2009	11	12	15	6	4	7	59
Ty Groskreutz	2009	65	43	92	59	22	41	323
Scott Hogan	2009	129	25	252	145	75	66	606
Billy Kor	2009	15	24	32	2	8	2	61
Bobby Ladd	2009	21	23	24	11	22	11	100
Dijon Sanders	2009	58	44	74	21	39	17	240
Carl Brown	2010	0	2	0	0	0	0	0
Nick Dodd	2010	37	42	49	28	35	19	170
Cody Groskreutz	2010	82	48	180	58	46	26	341
Alec Johnson	2010	22	25	25	24	26	14	118
Peter Nguyen	2010	48	35	67	50	27	29	249
Nels Pederson	2010	86	35	200	50	50	28	373
Steve Phomphackdy	2010	21	18	29	16	15	6	83
DJ Schliesman	2010	16	30	19	6	11	8	78
Joey Scott	2010	44	46	56	26	17	16	192
Alec Teagarden	2010	8	12	17	5	8	4	36
Josh Weinberg	2010	64	29	74	126	87	27	298
Rob Wietecha	2010	14	23	30	3	7	5	57

NAME	YEAR	WINS	LOSS	TD	NF	R	FALLS	TMPT
Derek Becker	2011	13	18	27	8	8	5	58
Josh Blake	2011	29	18	33	40	31	17	147
Erik Ehresmann	2011	53	31	79	31	10	35	269
Jack Lesch	2011	0	2	2	0	0	0	0
Alex Mitchell	2011	0	0	0	0	0	0	0
Mike Schliesman	2011	0	1	0	0	0	0	0
Ben Schmitz	2011	21	21	33	24	14	5	84
Marcus Shaw	2011	0	0	0	0	0	0	0
Chris Bechly	2012	38	50	71	13	30	13	170
Brendan Cole	2012	13	23	28	10	9	9	73
Adam Foreman	2012	11	18	6	2	7	10	63
Edgar Garcia	2012	35	43	34	10	16	19	189
BJ Groskreutz	2012	85	78	144	70	63	35	389
Zac Groskreutz	2012	7	16	18	28	6	3	38
Matt Henning	2012	26	27	50	39	19	17	137
Greg Howard	2012	25	28	44	12	13	12	122
Matt Ladd	2012	8	5	16	11	3	4	44
Joe Martens	2012	0	2	2	0	1	0	0
Mitch Reichtzgel	2012	158	50	499	98	54	54	674
Nick Zelenak	2012	2	2	1	1	3	1	12
Will Gibson	2013	20	18	36	32	20	9	99
Blake Harris	2013	1	3	0	0	0	0	6
Jonathan Lenz	2013	35	35	60	13	11	21	169
Patrick Mako	2013	3	1	2	1	1	2	18
Vince Metz	2013	11	14	13	3	5	7	64
Anthony Munos	2013	94	62	187	124	92	40	438
David Phomphackdy	2013	0	1	0	0	0	0	0
Jon Watson	2013	4	9	6	1	3	2	18
Jack Buck	2014	57	25	93	29	19	27	281
Tyler Lindgren	2014	28	65	31	22	23	14	146
Billy Marks	2014	23	19	33	33	21	8	103
Ricky Martinez	2014	1	0	0	0	0	0	6
Nick Pegelow	2014	72	31	155	33	21	33	336
Jacob Rukavina	2014	141	68	318	82	58	75	679
Jordan Swanson	2014	23	15	33	12	20	2	96
Tom Delich	2015	45	34	58	14	14	30	228
Luke Dodd	2015	100	54	195	96	45	35	414
Casey Dravis	2015	79	51	71	76	56	37	370
George Farmah	2015	108	25	223	77	42	53	498
Andre Gaubert	2015	1	3	2	1	1	1	6
Zach Habeck	2015	47	63	122	43	25	17	225
Brett Hestness	2015	15	37	34	13	5	9	70
Zach Praus	2015	12	20	21	5	11	11	53
Jack Schliesman	2015	35	29	49	10	2	17	165

NAME	YEAR	WINS	LOSS	TD	NF	R	FALLS	TMPT
Eric Stumpf	2015	39	62	103	31	27	13	166
Daniel Archart	2016	19	17	38	11	11	10	101
Blake Branch	2016	0	0	0	0	0	0	0
Collin Dolejs	2016	56	26	66	64	65	29	266
Tim Durffy	2016	83	33	119	19	29	54	432
Gavin Greenlee	2016	41	40	73	37	30	24	199
Hamsa Yusuf	2016	1	1	0	0	0	0	6
Chris Abbey	2017	23	24	47	12	10	7	112
Cory Brodeur	2017	16	9	21	8	4	8	86
Mike Delich	2017	111	22	172	94	36	68	563
Carter Epperson	2017	24	30	47	15	16	17	137
Tony Fiore	2017	0	0	0	0	0	0	0
Will Florin	2017	16	21	40	11	3	5	76
Brendan Formanek	2017	93	54	207	84	65	34	421
Adam Larson	2017	21	17	35	18	12	7	86
Alex Lindstrom	2017	175	84	431	191	101	88	824
Nate Luciano	2017	22	27	42	9	8	9	110
Dane McDevitt	2017	69	31	114	49	15	39	375
Phil Melroe	2017	1	1	0	0	0	0	6
Nate Moore	2017	5	4	8	6	1	3	28
Mehdi Moukrim	2017	26	41	71	27	19	13	125
Brady Renteria	2017	0	0	0	0	0	0	0
Ben Sammon	2017	22	29	29	2	1	11	105
CJ Thomas	2017	0	0	0	0	0	0	0



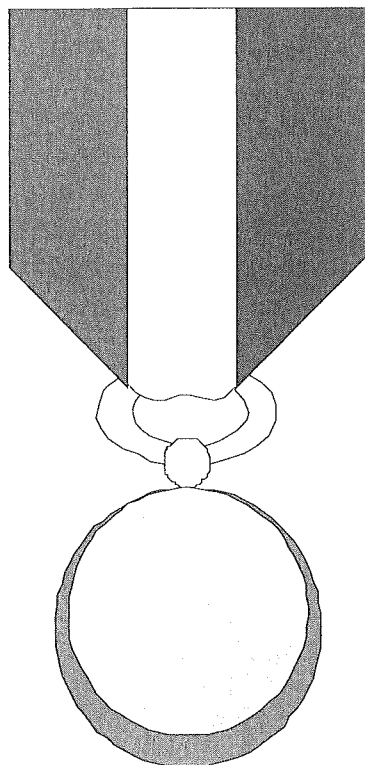
# EASTVIEW WRESTLING RECOGNITIONS

## ALL CONFERENCE

Tony Rodin (2x)  
 Brad Okonek  
 Nate Ernst  
 Adam Fokken (4x)  
 David Rasmussen  
 Mikey Fornicoia (3x)  
 Eric Lemm  
 James Voyles  
 John Getzke  
 Nate Kocer  
 Kevin McBride  
 Ryan Langlais (2x)  
 Minh Huynh (2x)  
 John Makabe(2x)  
 Ryan Ruckdashel  
 Scott Hogan (3x)  
 Jacob Nelson  
 Andrew Nelson  
 Dan Getzke (2x)  
 Chad Eul  
 Bryan Okonek  
 Mitch Rechtzigel (3x)  
 Nels Pederson  
 Josh Weinberg  
 Erik Ehresmann  
 BJ Groskreutz  
 George Farmah (2x)  
 Anthony Munos  
 Jacob Rukavina  
 Alex Lindstrom  
 Billy Marks  
 Luke Dodd (2x)  
 Nick Pegelow  
 Mike Delich (2X)  
 Alex Lindstrom (2X)  
 Collin Dolejs  
 Dane McDevitt (2X)  
 Tim Duffy  
 Brendan Formaneck

## SECTIONS CHAMPIONS

Tony Rodin  
 Adam Fokken  
 David Rasmussen  
 Mikey Fornicoia  
 James Voyles  
 Nate Kocer  
 Ryan Langlais  
 Nels Pederson  
 George Farmah (2x)  
 Luke Dodd  
 Mike Delich (2x)  
 Tim Duffy



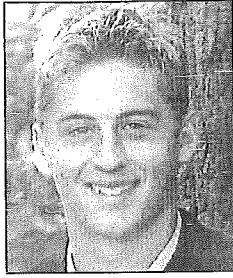
## STATE QUALIFIERS

Tony Rodin (2x)	4 <sup>th</sup> Place
Brad Okonek	
Adam Fokken (3x)	4 <sup>th</sup> Place
	1 <sup>st</sup> Place
David Rasmussen	
Mikey Fornicoia (2x)	6 <sup>th</sup> Place
James Voyles	
Jud Turk	
Nate Kocer	6 <sup>th</sup> Place
John Getzke	5 <sup>th</sup> Place
Ryan Langlais (3x)	
Pat Dea	
Steve Davis (2x)	4 <sup>th</sup> Place
Minh Huynh (3x)	4 <sup>th</sup> Place
John Makabe	
Ryan Ruckdashel	
Dan Getzke	
Chad Eul	
Jacob Nelson	
Will Jackson	4 <sup>th</sup> Place
Nels Pederson	
Dijon Sanders	
Mitch Rechtzigel	2 <sup>nd</sup> Place
BJ Groskreutz	
Jacob Rukavina (3x)	3 <sup>rd</sup> Place
George Farmah (2x)	2 <sup>nd</sup> Place
	2 <sup>nd</sup> Place
	2 <sup>nd</sup> Place
Luke Dodd (2x)	
Nick Pegelow	
Casey Dravis	
Tom Delich	
Tim Duffy (2x)	5 <sup>th</sup> Place
Alex Lindstrom (3x)	5 <sup>th</sup> Place
	3 <sup>rd</sup> Place
Collin Dolejs	
Mike Delich (3x)	4 <sup>th</sup> Place
	3 <sup>rd</sup> Place
Dane McDevitt	

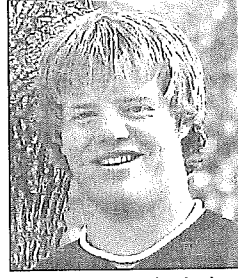
# Eastview Distinguished Athletes



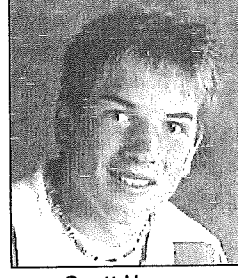
**Adam Fokken**  
Football, Wrestling & Track  
2001 Athlete of the Year  
2001 Scholar Athlete  
2000 4th Place State - 189 lbs.  
2001 State Champion - 189 lbs.



**Ryan Langlais**  
Football, Wrestling & Baseball  
2004 Athlete of the Year  
3X State Qualifier  
2004 Section Champion - 160 lbs.



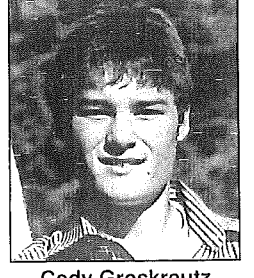
**Ryan Ruckdashel**  
Football, Wrestling & Track  
Distinguished Athlete & Scholar  
2004 MSHSL ExCEL Winner  
2005 State Qualifier & Team Captain



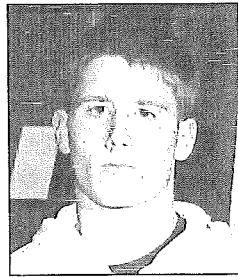
**Scott Hogan**  
Soccer & Wrestling  
Distinguished Athlete  
129 Career Wins  
Team Captain



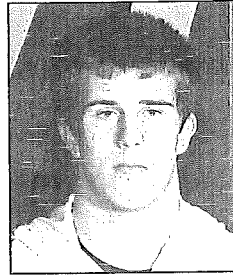
**Ty Groskreutz**  
Football, Wrestling & Baseball  
2001 Scholar Athlete  
3 Sport Letter Winner  
Team Captain



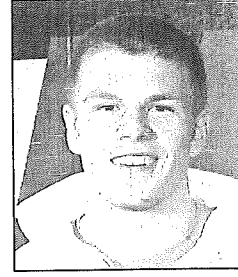
**Cody Groskreutz**  
Wrestling & Baseball  
Athlete of the Year  
82 Career Wins  
Team Captain 2010



**Ben Schmitz**  
Wrestling & Soccer  
Distinguished Scholar Athlete  
Section Place Winner  
Team Captain 2011



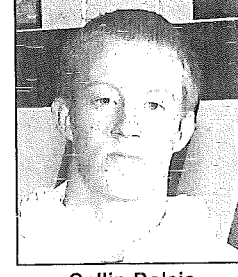
**Jonathan Lenz**  
Wrestling & Soccer  
Scholar Athlete of the Year  
Section Place Winner  
Team Captain 2013



**Nick Pegelow**  
Football & Wrestling  
Distinguished Scholar Athlete  
State Qualifier  
Team Captain 2014



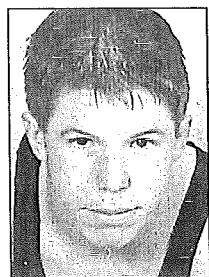
**Jack Buck**  
Football, Wrestling, Track  
Athlete of the Year  
Three Sport Letter Winner  
Team Captain 2014



**Collin Dolejs**  
Football, Wrestling, Track  
Scholar Athlete of the Year,  
Wrestling Scholarship  
Recipient, MN State Qualifier

## Wall of Excellence

Criteria: State Place Winner, finish the program in good standing, and graduate from Eastview High School.



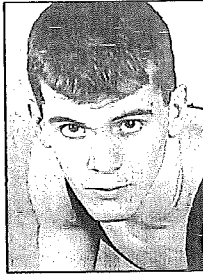
**Tony Rodin**  
1998 - 4th Place  
125 lbs.



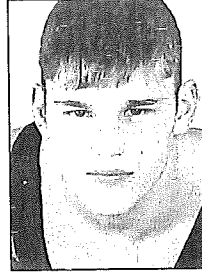
**Adam Fokken**  
2000 - 4th Place 189 lbs.  
2001 - State Champ  
189 lbs.



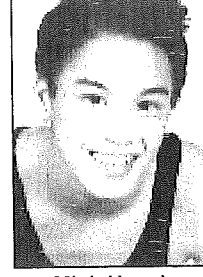
**Mikey Fornicoia**  
2002 - 6th Place  
130 lbs.



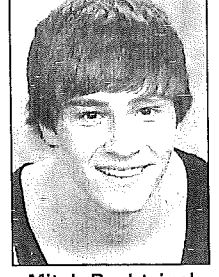
**John Getzke**  
2003 - 5th Place  
152 lbs.



**Nate Kocer**  
2003 - 6th Place  
189 lbs.



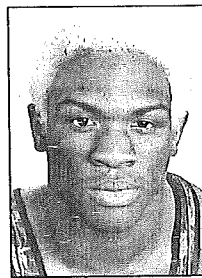
**Minh Huynh**  
2005 - 4th Place  
103 lbs.



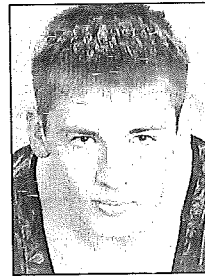
**Mitch Rechtzigel**  
2012 - 2nd Place  
160 lbs.



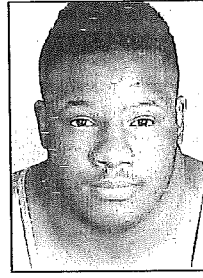
**Jacob Rukavina**  
2014 - 3rd Place  
160 lbs.



**George Farmah**  
2014 - 2nd Place  
2015 - 2nd Place  
126 lbs.



**Luke Dodd**  
2015 - 2nd Place  
182 lbs.



**Tim Duffy**  
2015 - 5th Place  
285 lbs.

### Section Champions

Mikey Fornicoia, Tony Rodin, Adam Fokken,  
David Rasmussen, James Voyles, Nate Kocer,  
Ryan Langlais, Nels Pederson, George Farmah,  
Luke Dodd, Mike Delich, Tim Duffy

# Season Awards

## Most Valuable Varsity Wrestler of the Year

1998	Tony Rodin
1999	Adam Fokken
2000	Adam Fokken
2001	Adam Fokken
2002	Mikey Fornicoia
2003	Nate Kocer
2004	Ryan Langlais
2005	Minh Huynh
2006	Minh Huynh & John Makabe
2007	Jacob Nelson & Dan Getzke
2008	Scott Hogan
2009	Scott Hogan
2010	Nels Pederson
2011	Mitch Rehtzigel
2012	Mitch Rehtzigel
2013	Jacob Rukavina
2014	Jacob Rukavina & George Farmah
2015	George Farmah & Luke Dodd
2016	Mike Delich, Alex Lindstrom

## Most Valuable Junior Varsity Wrestler of the Year

1998	Jim Maloney
1999	Tyrel Narva
2000	Chris Verhaeghe
2001	David Pudwill
2002	Andrew Lenertz
2003	Andrew Lenertz
2004	Brian Wallenta
2005	Chad Eul
2006	Mike Redig
2007	Jeff Hanson
2008	Josh Weiberg
2009	Nick Dodd
2010	Alec Teagarden
2011	Matt Henning
2012	Matt Ladd
2013	Billy Marks
2014	Jack Schliesman
2015	Carter Epperson
2016	Adam Larson

## Most Valuable Freshman Wrestler of the Year

1998	Adam Fokken
1999	Mikey Fornicoia
2000	Bryan Lewis
2001	Steve Davis
2002	Tyler Cookas

2003	Troy Fokken
2004	Ryan Stepan
2005	Trever Sutherland
2006	Scott Hogan
2007	Cody Groskreutz
2008	Matt Galloway
2009	Brad Hogan
2010	Anthony Munos
2011	Jacob Rukavina
2012	George Farmah
2013	Tim Duffy
2014	Alex Lindstrom
2015	Eric Schmidt
2016	Gage Greenlee

## Most Improved Wrestler of the Year

1998	Nate Ernst
1999	Nick Thompson
2000	Brad Okonek
2001	David Rasmussen
2002	Eric Lemm
2003	Jud Turk
2004	Minh Huynh
2005	Josh Nelson
2006	Chad Eul
2007	Dijon Sanders
2008	Nels Pederson
2009	Nels Pederson & Josh Weinberg
2010	Eric Ehresmann
2011	Anthony Munos & Josh Blake
2012	BJ Groskreutz
2013	Will Gibson
2014	Jordan Swanson
2015	Jack Schliesman
2016	Logan Estep

## Lightning Award

1998	Chris Verhaeghe
1999	Chris Verhaeghe
2000	Brian Putnam
2001	Brian Putnam & Eric Budd
2002	David Pudwill
2003	Jud Turk & John Getzke
2004	Jeremiah Foertsch
2005	Sam Voyles
2006	Chris Gripp & Dillon Powell
2008	Bryan Okonek & David Ly
2007	Abebe Dessalegn & Andrew Pudwell
2009	Bobby Ladd & Matt Franson
2010	Nick Dodd & Cody Groskreutz
2011	Erik Ehresmann

2012	Chris Bechly
2013	Anthony Munos
2014	Jack Buck & Tyler Lindgren
2015	Casey Dravis & Tom Delich
2016	Collin Dolejs

## John Rodin Service Award

1998	Brad Okonek
1999	Brad Okonek
2000	Andrew Lenertz
2001	John Getzke
2002	Cory Wagner
2003	Cory Wagner
2004	Ben Foertsch
2005	Dante Hendricks
2006	Pat Cox
2007	Joey Scott
2008	Nick Dodd
2010	Jacob Rukavina
2011	Levi Groskreutz
2012	Billy Marks
2013	Nick Pegelow
2014	Brendan Formaneck
2015	Brendan Formaneck
2016	Brendan Formaneck

## Wrestling Manager Hall of Fame

2000	Erinn Roos
2001	Rachel Davis
2003	Kari Okonek
2006	Ashley Langlais
2009	Libby Carroll
2010	Brooke Larson & Sara Olson
2013	Hannah Habeck
2016	Rachel Schmidt
2016	Brianna Peterman

## Wrestling Scholarship Recipients

2005	Kyle Wilson
2006	John Makabe
2007	Jacob Nelson
2008	David Ly
2009	Robert Ladd
2010	Nick Dodd
2011	Ben Schmitz
2012	Chris Bechly
2013	Jonathan Lenz
2014	Billy Marks
2015	Luke Dodd & Brett Hestness
2016	Collin Dolejs

# Season Statistics

	Wins	Losses	Ties	Conf. Wins	Conf. Place	State Qualifiers		Wins	Losses	Ties	Conf. Wins	Conf. Place	State Qualifiers		
1998	3	19	1	1	9 <sup>th</sup>	1	2010	21	6	0	8	2 <sup>nd</sup>	0		
1999	6	14	1	2	7 <sup>th</sup>	2	2011	14	13	0	4	4 <sup>th</sup>	0		
2000	18	4	0	7	2 <sup>nd</sup>	3	2012	12	15	0	2	7 <sup>th</sup>	3		
2001	14	8	0	5	5 <sup>th</sup>	4	2013	16	8	0	4	4 <sup>th</sup>	1		
2002	16	9	0	6	4 <sup>th</sup>	3	2014	21	5	0	5	3 <sup>rd</sup>	4		
2003	21	5	1	7	2 <sup>nd</sup>	4	2015	18	7	0	4	7 <sup>th</sup>	7		
2004	13	15	0	4	5 <sup>th</sup>	3	2016	16	9	0	4	6 <sup>th</sup>	5		
2005	12	14	0	3	7 <sup>th</sup>	3	2017	17	9	0	4	6 <sup>th</sup>	2		
2006	24	7	0	8	2 <sup>nd</sup>	3	<b>Totals</b>						310 wins	190 losses	.620 winning percentage
2007	13	7	0	5	4 <sup>th</sup>	3									
2008	14	10	0	5	4 <sup>th</sup>	0									
2009	18	9	0	7	2 <sup>nd</sup>	2									

# SOUTH METRO

SUNDAY, FEBRUARY 5, 2017

EXTRA

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## Wins pile up for three-sport duo

Eastview's Alex Lindstrom and Mike Delich are top competitors.

By RON HAGGSTROM  
ron.haggstrom@startribune.com

Alex Lindstrom is at his best in cleats while carrying a baseball bat and glove. Mike Delich prefers donning spikes, shoulder pads and a football helmet.

The three-sport athletes are also outstanding wrestlers. They are both ranked No. 2 in their respective weight classes in Class 3A by the Guilotine.

"Wrestling is not either of their favorite sports," Eastview coach Kurt Habeck said. "However, they both love to compete and know that wrestling has had a huge impact on them as a person and as an athlete. They have a lot of pride in their efforts and earned success."

Lindstrom became the first wrestler in school history to become a member of the varsity as a seventh-grader. He currently competes at 170 pounds.

"It's been a long six years," Lindstrom said.

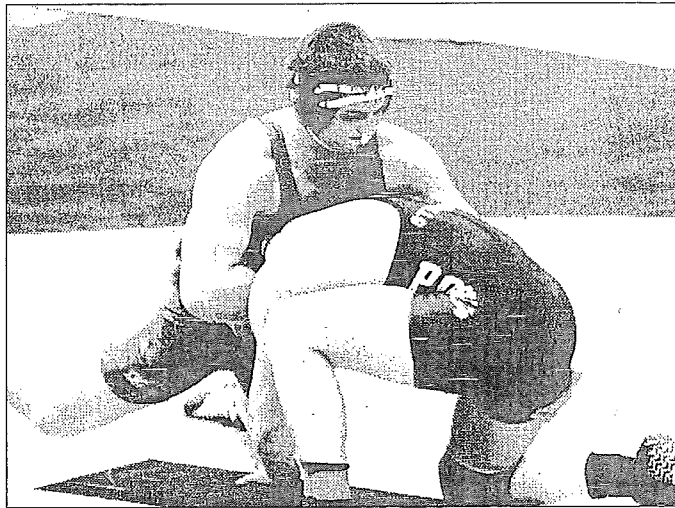
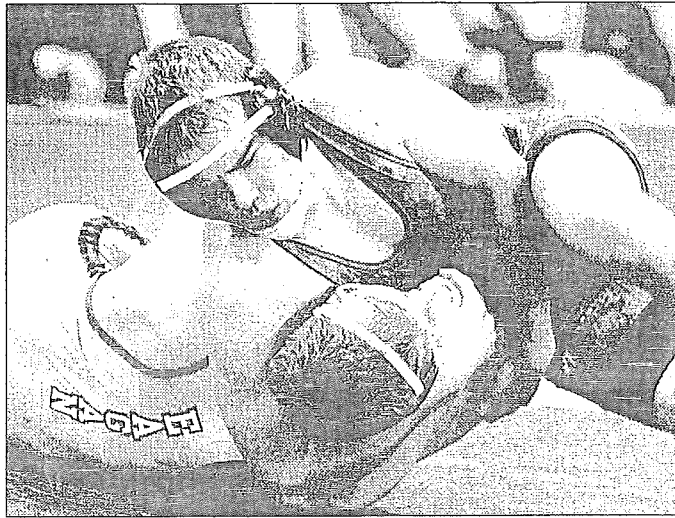
Besides playing baseball, Lindstrom teamed with Delich to form Eastview's starting backfield in football.

"No sport has pushed me like wrestling," he said. "I love the toughness of the grind."

Lindstrom recently broke the school record for career wins with his 159th, an 8-1 victory over John Noll of Centennial en route to first place in the Eastview Invitational. He broke the mark of 158 set by Mitch Rechtzigal in 2012, Lindstrom's seventh-grade season.

"It was a far-fetched goal that kept creeping up," Lindstrom said. "Passing a big record like that is very humbling."

Delich started wrestling sparingly as a freshman. He is nearing his 100th career victory, now



Photos by ANGELA LINDSTROM

**Top:** Eastview 170-pounder Alex Lindstrom got ready to pin Roth Stricker of Eagan. Lindstrom recently broke the school record for career wins. **Above:** Mike Delich of Eastview is closing in on 100 career victories. He is ranked No. 2 at 190 pounds in Class 3A.

competing at 195 pounds.

"My parents and older brother, Tom, are the reason why I'm a three-sport athlete," Delich said. He also

throws the shot put and discus for the track team. "They really pushed me, and I'm glad they did. It's been a lot of fun," he said.

Lindstrom and Delich have been together since their youth football days. Lindstrom always has served as the fullback, opening holes for Delich to run through from his half back position.

"I never needed to score touch downs," Lindstrom said with a smile. "I was happy as long as I got to flatter somebody."

Delich will be a walk-on for Minnesota. Lindstrom will play baseball at Kirkwood Community College in Cedar Rapids, Iowa.

"Even though the U made a coaching change, they still wanted me," Delich said. "I want to play at the highest level I can."

Delich still is unbeaten in his first season on the mat. Lindstrom has only dropped two matches.

"It's been a good season so far," Delich said. "I haven't made too many mistakes and would like to keep it that way."

Both have their sights set on a third consecutive trip to the state meet. Delich finished fourth a year ago while Lindstrom wound up fifth.

The two ran into major obstacles last season that kept them from finishing higher. Delich broke an ankle but continued to compete. Lindstrom ran into the eventual state champion in his weight class in the first round.

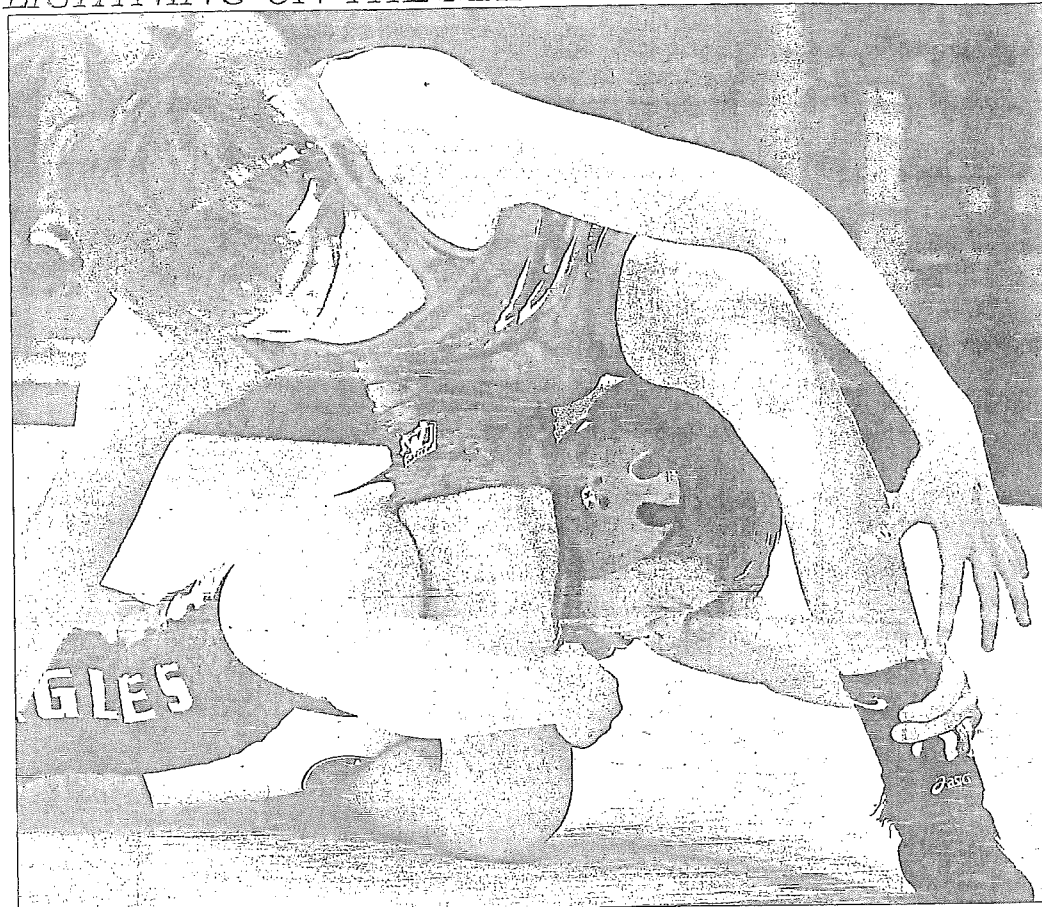
With Delich, Habeck recalled, "We knew it was injured but did not know he had a broken bone until a week later. Mike was able to battle through the adversity."

Both would like nothing better than to go out as state champions. Eastview has had only one wrestler — Adam Fokken in 2001 — accomplish the feat in the history of the program.

"That would be the cherry on top of the high school sports career," Delich said. "That would be a great way to go out."

Ron Haggstrom • 612-673-4498

## LIGHTNING ON THE MAT



Eastview High School wrestler Mason Enderlein attempts to slip free of his opponent during the Lightning's meet last week at Eden Prairie. Eastview won 11 matches to defeat Eden Prairie 55-15. More is on Sports, 12A. (Photo by Mark Trockman)

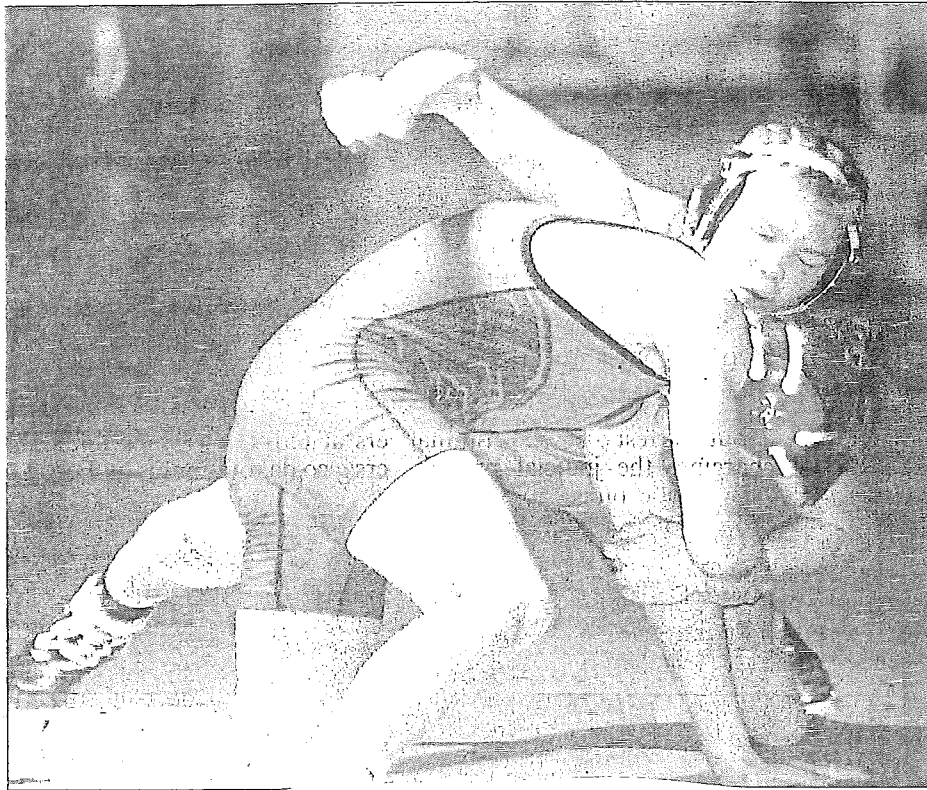


Apple Valley's and Eastview's wrestling teams opened their seasons with home matches last week. (Left) The Eagles' Regan Schrempp tries to take down Shakopee's Tyler Jones during a South Suburban Conference match Dec. 1. (Above) The Lightning's Brendan Formanek locks up with his Alexandria opponent during the Eastview Duals last Friday. Shakopee, coached by former Eagles head coach Jim Jackson, defeated Apple Valley 29-28, ending an Eagles' conference winning streak that dated to 1991. Apple Valley entered the match ranked first in Class 3A, with Shakopee second. Eastview, ranked 12th in Class 3A, defeated Farmington, Alexandria and St. Paul Central to take first in its home meet. (Photos by Mike Shaughnessy)

### MIKE DELICH Eastview • wrestling



It was a big week for the senior 195-pounder. He improved to 24-0 by pinning all four of his opponents, moving within one victory of reaching 100 for his career. Delich also committed to play football for the Gophers as a preferred walk-on.



Eastview's Brendan Formaneck tries to take down Lakeville North's Ryan Mudgett during a South Suburban Conference wrestling match Jan. 12 at Lakeville North. Formaneck won his match at 152 pounds,

**ALEX LINDSTROM**  
Eastview • wrestling



The senior took first place at 170 pounds at the Trinity tournament on Saturday. Lindstrom tied the school career record for near falls (166) and is just 19 from the school victories record of 158.

### Eastview

Eastview senior Alex Lindstrom earned his 150th career victory last Friday as the Lightning beat Chaska/Chanhassen 58-10 and Faribault 37-31 in a non-conference triangular last week.

Lindstrom, 15-1 overall and ranked third in Class 3A at 170 pounds, got the milestone victory by pinning Faribault's Rene Villata. Lindstrom is nine victories from breaking his school's career record.

Mike Delich, ranked second in Class 3A at 195, improved to 12-0 by pinning both of his opponents in the triangular. Mason Enderlien (15-5 at 106 pounds), Brendan Formaneck (16-3 at 152) and Dane McDevitt (15-2 at 220) also went undefeated in the triangular.

The Lightning, ranked 12th in Class 3A, wrestles at Lakeville North at 7 p.m. Thursday and will compete at the Mounds View Duals at 9 a.m. Saturday.

# Sports

## Chasing titles: Lightning wrestlers primed for postseason

Delich, Lindstrom secure their places in school history

by Mike Shaughnessy  
SUN THISWEEK  
DAKOTA COUNTY TRIBUNE

A commonly held belief is that to be the best you can be at a certain sport, you have to devote yourself to that sport to the exclusion of all others. But two Eastview High School seniors have proven there's still another way.

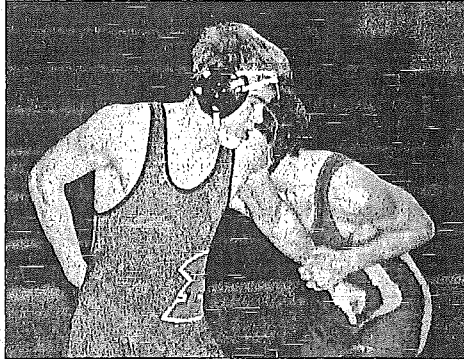
Alex Lindstrom and Mike Delich are among the best wrestlers in school history. Both hope to end their careers in a few weeks as state champions. But neither one is a hotly-pursued college wrestling prospect, largely because neither intends to wrestle in college. Delich has accepted an offer to walk on at the University of Minnesota and play football. Lindstrom will take his bat, glove and spikes to Kirkwood Community College in Iowa in hopes of eventually landing a Division I baseball scholarship.

Although both have wrestled for years, the sport never was their full-time obsession. They were too busy being multi-sport athletes. Delich also throws the discus and shot put for the Eastview track team. Lindstrom was a running back for the football team, often serving as a blocking back while Delich ran with the ball.

Delich, ranked second in Class 3A at 195 pounds, doesn't compete on the USA Wrestling spring and summer state and national tournament circuit, choosing instead to spend time on his other sports and build himself up in the weight room.

"I never did any of that," he said, referring to off-season wrestling tournaments, "and I never really even looked at it as a disadvantage. I figured I'm doing other sports so I'm getting better at other stuff. I'm not just focusing on wrestling, I'm getting better at all athletics."

"I realized in ninth or 10th grade baseball was my best sport, but wrestling was always right there. I thought doing multiple sports helped you improve," said Lindstrom, Eastview's career victories leader. "With baseball, you're working an entirely different muscle group.



Eastview's Alex Lindstrom pulls out of the grasp of a Rosemount wrestler during a match last week. The senior and six-year varsity competitor recently broke the school record for career victories. (Photos by Mike Shaughnessy)

The same with football. I thought since I'm living a schedule where I'm so hectic, one sport to the next, it's like my readiness was better than most people. That's what I'd say was my advantage, more than anything."

### 'I've learned to cherish it'

Lindstrom has competed full-time on Eastview's varsity since seventh grade, the only Lightning wrestler ever to do so.

"My sixth-grade year I was brought up to train with the high school team," he said. "That was a wake-up call, kind of like, 'Hey, you've got to grow up, got to man up and fill this position. Once we got done with that year, I knew I could be something special. With all the coaching put into me, I knew I was going somewhere.'"

He was the Lightning's 106-pound wrestler, as a seventh-grader. "I wrestled two or three seniors in my seventh-grade year," he said. "That was pretty weird. I was pretty young but I kept up with the competition. I was 19-19, so I did all right, I guess."

Lindstrom became his school's career victories leader Jan. 21 at the Eastview Invitational, where he won his 159th match over six seasons. He's now at 164 victories, including 29 this season, and is ranked third in Class 3A at 170.

Mitch Rechtzigel, a senior at Augustana University, held the previous record. Rechtzigel was a senior at Eastview when

Lindstrom was a seventh-grader and finished second in the state tournament that year.

"That was my first glimpse of what I wanted to do and what I wanted to be like," Lindstrom said. "When I broke the record, I texted Mitch that night and said, 'I'm sorry I took your record.' But he was cool with it."

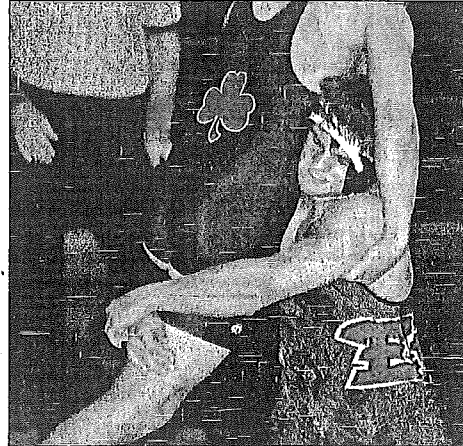
Lindstrom, a two-time state tournament qualifier, said he doesn't mind the attention that comes with a high ranking. Quite the opposite, actually.

"I love it. When you're lower but still in the rankings, that's when you have a target on your back," he said. "Being ranked high, people are kind of intimidated by you. I'll hear my name whispered on the (opponents') bench when I'm going out there and that's when I know I've got it."

"I know some people don't like the spotlight, but I'm all for it."

As good a season as Lindstrom is having - he's lost only three matches in 2016-17 - returning to state is no sure thing. He is one of four wrestlers from Section 2 in the top eight in the guillotine.com Class 3A 170-pound rankings. There's no guarantee all four will wrestle at 170 in the section tourney, but Lindstrom is expecting a competitive bracket. "The section might be harder than the state tournament," he said with a chuckle.

Lindstrom said most of the technique he uses now he learned by seventh grade, and most of his



Mike Delich is undefeated and ranked second in Class 3A at 195 pounds. He will join the University of Minnesota football program this summer.

progress since has come in the mental aspect of the sport. "In seventh grade I just showed up and hoped to win. Now, you show up and get ready and I expect to win," he said.

Developing that approach took years, and Lindstrom said he definitely didn't have it as a seventh-grader.

"I'm training harder than I ever have," he said. "I remember in seventh grade coming home and crying to my dad because I was just so tuckered out from the season. Getting older, you mature and learn to love it. Now that I'm a senior I've learned to cherish it. I love it even more."

### Living the dream

Delich had some contact with the previous University of Minnesota football staff, but when head coach Tracy Claeys was fired in January, he made plans to attend Bethel University and play football there. Then the new Gophers staff led by P.J. Fleck let Delich know they wanted him to come to Minnesota.

"I really like the new coaches," said Delich, who has a 3.8 grade-point average and has been accepted into the university's Carlson School of Management. "I wanted to play at the highest level I possibly could and live the dream of playing Division I football."

He played linebacker and running back for Eastview. Where he will play at Minnesota has yet to be

determined, but "it's going to be a lot of fun playing for them the next four or five years. They have a lot of excitement there."

Delich has created some excitement at his school during wrestling season. He's 24-0 this year, and only two opponents have survived the full six minutes against him. His next victory will be the 100th of his career. He finished fourth at 195 in the 2016 state Class 3A tournament despite wrestling on a broken ankle.

As a youth, he split time in the winter between wrestling and basketball before deciding on wrestling in fifth grade. By his freshman year he was getting a few matches on the Eastview varsity, but the ninth-grade state tournament changed the direction of Delich's wrestling career.

"I wasn't really expecting much, and I ended up winning it," said Delich, who was ninth-grade state champion at 189 pounds. "I thought this could be something."

The adjustment to varsity was relatively smooth because "in my freshman year I was wrestling the varsity 195-pounder in practice," Delich said. "He was a state qualifier, so I already had a lot of experience against a good varsity wrestler."

Delich qualified for state the next two seasons. This year he has pinned 18 of his 24 opponents. He also has one decision and one major decision and has received four forfeits.

His closest match was a 6-1 victory in the 195-pound championship match of the Bi-State Invitational in Wisconsin. Delich is the second Eastview wrestler to win his weight class at that holiday tournament.

The biggest difference? "I'm definitely a lot more confident and aggressive," he said. "I used to wait for the other kid to shoot; then use my strength to take him down. Now I'm the aggressor and the one who's attacking."

He's one of two Section 2 wrestlers in the top 10 of the Class 3A 195-pound state rankings. As for returning to the state tournament, "I don't think any match is going to be easy, but if I just wrestle like I've been wrestling all year, I think I'll make it," he said.

Delich said it wasn't always easy to stick with wrestling, especially once he knew football would be his main sport.

"But I was never going to quit," he said. "I have (Eastview co-head wrestling coach Kurt) Habeck here; he's pushed me since I was a seventh-grader to be the best I could be, and I knew I could never let him down."

Habeck also helped introduce Delich to the weight room, and now it's a place the unbeaten Lightning wrestler loves to be. Delich plays football at about 210 pounds but has to drop some of that weight in the winter to build endurance for wrestling. In the spring, he looks forward to regaining the muscle.

"I love the spring season because you put on the weight week after week," he said. "I just love the process of seeing yourself getting stronger."

Delich and Lindstrom are trying to become Eastview's first state individual champions since Adam Fokken in 2001. Whatever happens, their places in the school's wrestling history appear secure.

"I hope they remember me as a kid who loved the weight room and loved to work hard," Delich said.

Contact Mike Shaughnessy at [mike.shaughnessy@ecm-inc.com](mailto:mike.shaughnessy@ecm-inc.com).

# Delich go into state undefeated

**Class 3A individual wrestling tourney starts Friday**

*by Mike Shaughnessy*  
SUN THIS WEEK  
DAKOTA COUNTY TRIBUNE

Apple Valley junior Gable Steveson and Eastview senior Mike Delich are among six wrestlers taking undefeated records into this week's state tournament at Xcel Energy Center.

Delich, who was fourth at state last year, returns for another crack at the 195-pound title in what likely will be his final weekend as a wrestler. He has signed with the University of Minnesota football program as a preferred walk-on.

He received a bye in the first round of the Section 2 tournament, earned a 5-2 decision over Rosemount's Ezayah Oropeza in the semifinals and pinned Shakopee's Abe Ngama in the championship match.

Moorhead senior Samuel Grove, state runner-up at 195 last season, also is in the tournament. Brandon Moen of Owatonna, who won the 195-pound title in 2016, will wrestle at 182 at state this year.

The Section 2 tournament featured four of the top 11 teams in the state Class 3A rankings, in Eastview senior Alex Lindstrom, his school's career victories leader.

## Eastview

Alex Lindstrom (sr.), 36-4, Section 2 runner-up at 170, fifth at state in 2016.

Mike Delich (sr.), 32-0, Section 2 champion at 195, fourth at state in 2016.

## Having a blast

Perhaps no one in the meet is having more fun than Eastview senior 195-pounder Mike Delich. He won his first match with a 12-second pin and moved into the semifinals with his second pin of the day, sticking Anoka's Ben Lathrop at 4:50 to improve to 34-0. This is Delich's last go-round with wrestling — he's accepted an offer to be a preferred walk-on with the Gophers football team next year — and he's determined to enjoy every minute.

"There's not pressure on me at all," he said, beaming broadly. "I'm not worried about who I wrestle or anything. I'm just going to go all-out to the finish and have as much fun as I can."



Photos by David Jones • david.jones@startribune.com  
**TOP:** Eastview's Mike Delich, in his final state wrestling go-round, scored a pin over Anoka's Ben Lathrop at 195 pounds.

# Lightning wrestlers earn 3rd-place medals at state tourney

*by Mike Shaughnessy*  
SUN THIS WEEK  
DAKOTA COUNTY TRIBUNE

The search for Eastview's second state wrestling champion continues. Two Lightning wrestlers competed in the Class 3A tournament last week at Xcel Energy Center, each with a chance to bring home a first-place medal. Alex Lindstrom (170

pounds) and Mike Delich (195) took third place in their weight classes, which means Adam Fokken remains the program's only individual state champion. He finished first at the 2001 state tournament. Lindstrom ran into eventual champion Jake Allar of St. Michael-Albertville in the semifinals and took only his

fifth loss of the season. Delich's state championship bid ended when his semifinal opponent, Tyler Hugg of St. Cloud Tech, was injured after Delich slammed him. Hugg suffered a concussion, could not continue the semifinal match and was forced to default in the final. It was the only loss of the season for Delich (36-1).

Eastview coaches conceded the maneuver was legal but officials disagreed, awarding Hugg the victory by injury.

"I feel bad for Hugg and I feel bad for I just got ready to wrestle two more," Delich said. Delich beat Felipe Ramirez of Faribault 5-3 in overtime in the third period of their semifinal match.

when Delich picked up water's Conner Weiss 10-3 and drove him into the mat.

Lindstrom brought his school career victories record to 175 with a 9-4 decision over Riley Schock of Moorhead in the third-place match. Allar, a USA Wrestling national junior freestyle champion last summer, pinned Lindstrom in the third period of their semifinal match.



# Commitment To Excellence

How good do you want to be? If your answer is, "good enough to get by," than a commitment to excellence is not necessary, but if your completely honest answer is, "the best," you must make a total commitment to excellence.

Wrestlers are born with varying degrees of natural ability. Sacrifice and a commitment to excellence are required to develop that ability. Time, hard work, continuous practice and repetition all go into the making of a good athlete.

To be a winner you must be willing to make sacrifices. This means maintaining good training habits, getting the proper amount of rest, and eating a balanced diet.

You can be as great as you want to be. If you believe in yourself and have the courage, determination, dedication, competitive drive, and if you are willing to give up the little things in life to accomplish an ultimate goal down the road, you will succeed!

In our years of involvement in athletics, we have seen athletes make a sincere commitment to excellence. They had a burning desire to be not just good, but great. They craved coaching. They wanted to learn a new wrestling move every day. They worked harder than the other wrestlers during the season and they never stopped working in the offseason. They went out of their way to look for tougher competition. Finally, they were stubborn – they refused to settle for anything less than the best.

As a result, each was a big winner. There was no luck or chance involved; these wrestlers worked hard so they would always have an edge when they went into their matches. They knew they would win...and they did.

A commitment to excellence means you must be willing to work hard, to push yourself physically until it hurts. We believe that any wrestler who walks off the mat after a full match and is not physically spent has not worked to his physical potential

If you have a true commitment to excellence you will give up anything that does not help you become better as an athlete or a person. Don't be content with mediocrity- strive to live up to the greatness within you.

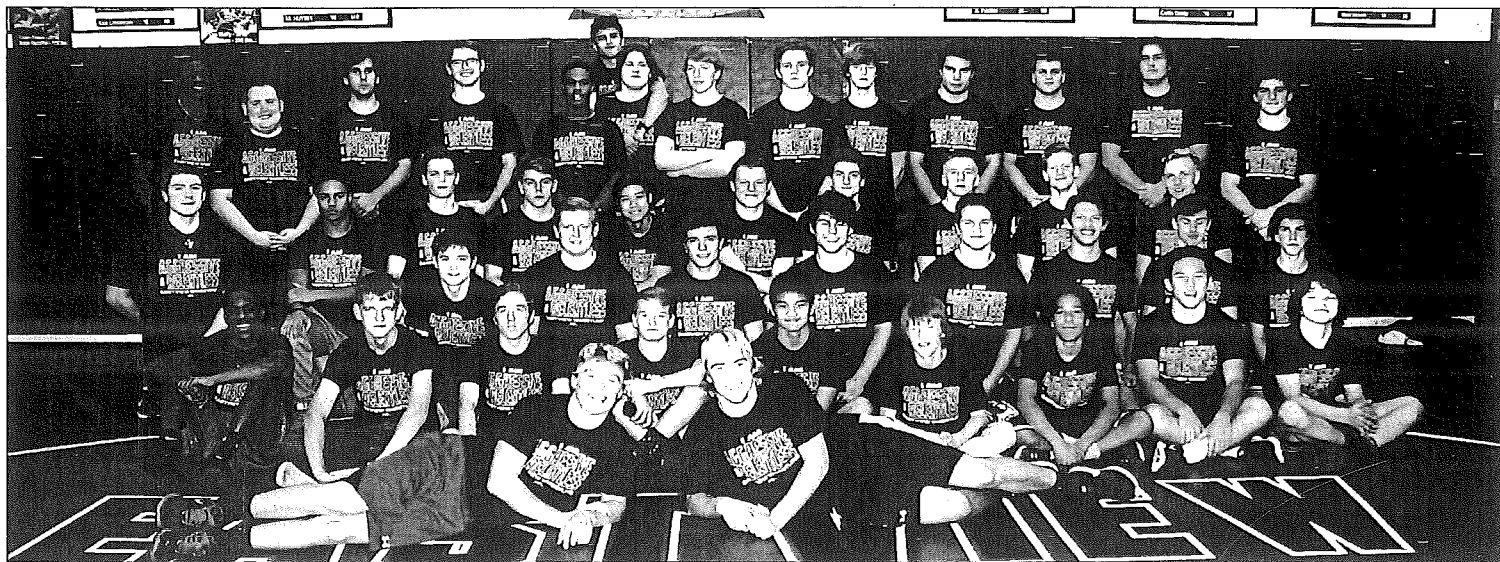
**COMMITMENT NIGHT:** This is a night for you to pledge your commitment to excellence in the Eastview Wrestling program. This night will involve activities that encourage you to reflect on your goals and to discuss what it will take to reach those goals. Also, this night will emphasize each wrestler's commitment to the whole team. We depend upon each wrestler to succeed. Your complete commitment is crucial to the success of the team. You deserve to give yourself the best opportunity to succeed. **BE THE BEST YOU CAN BE!**

The great coach Vince Lombardi had this to say about making the commitment to excellence:

*"For the winner there is 100 percent elation, 100 percent laughter, 100 percent fun and for the loser the only thing left is a 100 percent resolution and 100 percent determination. The game, I think, is a great deal like life. Every man makes his own personal commitment toward excellence and toward victory. Although you know ultimate victory can never be completely won, it must be pursued with all of one's might and each week there is a new encounter, each year a new challenge.*

*"I'd like to say that the quality of any man's life is a full measure of that man's personal commitment to excellence and to victory, regardless of what field he may be in."*

## MAKE A COMMITMENT TO EXCELLENCE!



Commitment Night 2016

# THE GUILLOTINE

*Website for the Minnesota  
amateur wrestling community*

## AAA HS Rankings – February 24, 2017

1. Apple Valley (2)
2. Shakopee (2)
3. Anoka (7)
4. St. Francis (7)
5. St. Michael-Albertville (5)
6. Owatonna (1)
7. Prior Lake (2)
8. Hastings (3)
9. Willmar (8)
10. Eagan (3)
11. Eastview (2)
12. Stillwater Area (4)

### Lean and Mean

Woodbury (3), Forest Lake (7), Cambridge-Isanti (7), St. Cloud Tech (8), Coon Rapids (7), Faribault (1), Little Falls (8), Minnetonka (6)



Career

Season Records



EASTVIEW

I AM  
**AGGRESSIVE**  
& **RELENTLESS**  
EASTVIEW WRESTLING



2016-2017